

We look forward to sharing this special experience with you.

From the team at Samphire Rottnest & WildFlower Yoga Collective

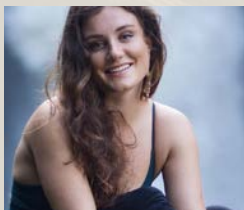
Retreat Facilitators



Holly Dutton
*Retreat Facilitator
and Yoga Teacher*



Cherry Pearce
*Yoga Teacher, Meditation
& Sound Healing*



Regulate Your State
*Ice Bath, Breathwork
and Connection Session*



Jo Hayes
Acrylic Art Class Teacher



Romy
Live Acoustic Musician

Itinerary*

DAY ONE

- AFTERNOON:** Arrive and settle in
Gentle yoga practice
- EVENING:** Dinner at Lontara
Cacao Ceremony,
Sound Healing & Yoga Nidra

DAY TWO

- MORNING:** Morning yoga practice,
meditation & journalling
Breakfast
- AFTERNOON:** Acrylic Art Class
Lunch at Lontara
Free time
- EVENING:** Dinner at Lontara
Yin & Sound Healing

DAY THREE

- MORNING:** Morning yoga practice,
meditation & journalling
Breakfast
- AFTERNOON:** Ice bath, breathwork
and connection session
Lunch at Lontara
Free time
- EVENING:** Dinner at Lontara
Live acoustic music

DAY FOUR

- MORNING:** Morning yoga practice,
meditation & journalling
Breakfast
Checkout

*Itinerary subject to change.