

YIN YOGA TEACHER TRAINING RETREAT INFORMATION

20th May to 23rd May 2022

Austinvilla Estate: 31 Austinvilla Road, Mudgeeraba QLD

Welcome to our Yin Yoga Teacher Training Retreat. Over three days, we will conduct an immersion experience designed to facilitate a deep understanding of Yin Yoga, and instill in all attendees the confidence and experience to add this beautiful and important style of healing into their teaching repertoire.

Join us at Austinvilla Estate nestled in the beautiful Gold Coast Hinterland. Just a short drive from the Gold Coast we will learn not only to teach Yin Yoga, but more importantly to live a life harmony and balance between our inner Yin and Yang energies.

You will connect with other trainees and teachers, explore your inner metaphysics, enjoy classes and meditations, and feel the inspiration from the surroundings of our tranquil retreat location and spectacular hinterland backdrop. The Estate spans over an impressive 111 acres and leaves you feeling a sense of calm in total privacy. Watch the wildlife come out to play when the sun kisses the hills in the afternoon, stroll around the venue among the macadamia fields, veggie gardens and hidden creek.

Before, during and after our training, we offer a lifetime of support and connection. As a trainee and Yin practitioner, you are now fully aligned with your true path and you are assisting with individual and Universal healing.

Welcome to your Yin Intensive Teacher Training!

Namaste,
YOUR MY HEALTH YOGA FAMILY

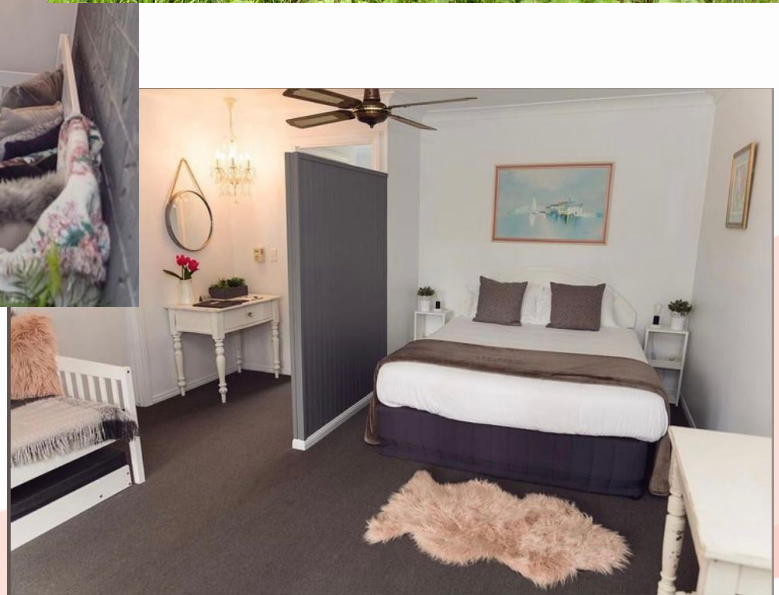
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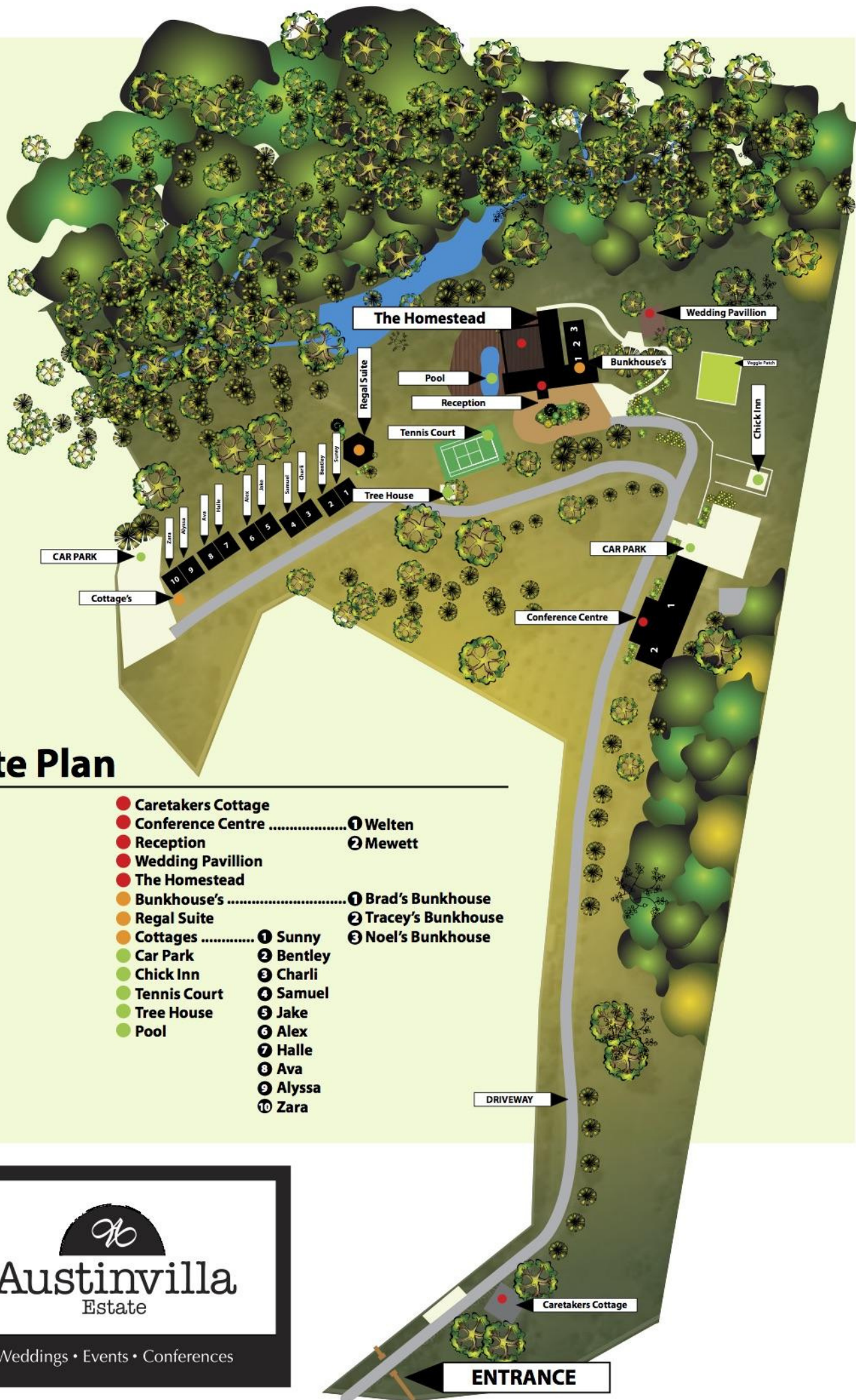
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- Cost: \$2,000 (save \$200 upfront payment)
- Payment Plan: 4 x \$550 (total \$2,200)
- Includes:
 - Yin Teacher Training Course plus certification
 - Lifetime access to course notes
 - Accommodation, meals, mentoring, online notes
 - Yin Teacher Training Asana Workbook
 - 12 months access to My Health Yoga TV
 - All inclusive meals from Friday morning to Monday morning
- Accommodation: Austinville Estate: 31 Austinville Road, Mudgeeraba QLD
 - Secluded hinterland estate
 - Resort pool
 - Tennis court
 - Games room
 - Modern facilities
 - Boutique 2br cottages
 - Private, award-winning chef
 - 111 acre property exclusive use

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20th May to 23rd May 2022





Site Plan

- Caretakers Cottage
- Conference Centre ① Welten
② Mewett
- Reception
- Wedding Pavillion
- The Homestead
- Bunkhouse's ① Brad's Bunkhouse
② Tracey's Bunkhouse
③ Noel's Bunkhouse
- Regal Suite
- Cottages ① Sunny
② Bentley
③ Charli
④ Samuel
⑤ Jake
⑥ Alex
⑦ Halle
⑧ Ava
⑨ Alyssa
⑩ Zara
- Car Park
- Chick Inn
- Tennis Court
- Tree House
- Pool


Austinvilla
 Estate

Weddings • Events • Conferences

PACKING CHECKLIST

Yoga mat & bolster

Blocks, strap, eye pillow & blanket

Healing tools - cards, crystals, books, essential oils

Journal & pen

3-4 changes of clothes (yin wear & walking gear)

Walking shoes/sneakers & slip-on shoes/thongs

Warm PJ's, Tracksuit

iPad or tablet, power bank (for online notes)

Swimmers, pool towel, sunscreen, hat

Toiletries

Camera, phone & charger

Insect repellent



MYHEALTH

ITINERARY

Day 1 - Fri 20th May

| 9:30 AM

Welcome Opening Circle, MORNING TEA & Group Meditation

| RAINFOREST DECK

| 10:30 AM

Module 1: Asana

| WELTEN ROOM

| 1:30 PM

LUNCH

| HOMESTEAD

| 2 PM

Hotel Check-in & Free Time

| 3:30 PM

AFTERNOON TEA & Module 2: Meridians

| WELTEN ROOM

| 6:30 PM

DINNER

| HOMESTEAD

| 7:30 PM

Yin Practice (75min)

| WELTEN ROOM



MYHEALTH

RETREAT ITINERARY

Day 2 - Sat 21st May

| 7 AM

Yin Practice (75min)

| PAVILLION

| 8:30 AM

BREAKFAST

| HOMESTEAD

| 9:30 AM

Module 3: Anatomy & MORNING TEA

| WELTEN
ROOM

| 1:30 PM

LUNCH & Free Time

| HOMESTEAD

| 2:30 PM

Module 4: Philosophy & AFTERNOON TEA

| WELTEN
ROOM

| 5:30 PM

DINNER

| HOMESTEAD

| 6:30 PM

AcuYin Practice (75min)

| WELTEN
ROOM



MYHEALTH

RETREAT ITINERARY

Day 3 - Sun 22nd May

6:45 AM	Gentle VinYin Practice (60min)	PAVILLION
8 AM	BREAKFAST	HOMESTEAD
8:30 AM	Module 5: Sequencing & MORNING TEA	WELTEN ROOM
12 PM	Group Teaching Practice	WELTEN ROOM
1:30 PM	LUNCH & Free Time	HOMESTEAD
2:30 PM	Module 6: Yin Fusion & AFTERNOON TEA	WELTEN ROOM
5:30 PM	DINNER	HOMESTEAD
6:30 PM	Restorative Yin with Sound Healing (90min)	WELTEN ROOM



MYHEALTH

RETREAT ITINERARY

Day 4 - Mon 23rd May

| 6:30 AM

Meditation Walk

| RAINFOREST
DECK

| 8 AM

BREAKFAST

| HOMESTEAD

| 8:30 AM

Revision, Discussion, Group Teaching

| WELTEN
ROOM

| 10 AM

MORNING TEA

| WELTEN
ROOM

| 10:30 AM

Closing Circle Meditation

| HOMESTEAD



MYHEALTH

CATERING MENU

Full menu is vegan & gluten free
Below is an **EXAMPLE**, final menu to be updated.

MORNING TEA

Fresh fruit platter

*House baked banana bread with vanilla coconut yogurt,
blueberry & lemon jam*

LUNCH

Shitake mushroom & miso broth pho

BBQ jackfruit bao buns

Vietnamese salad

AFTERNOON TEA

Raw chocolate snickers bar

Roasted corn frittata with tomato salsa

DINNER

Vegetable eggplant lasagne

Garlic bread

Warm roasted cauliflower, chickpea & capsicum salad

Fresh green salad with fennel & orange

DESSERT

*Banoffee pie, buckwheat biscuit crumble, caramelised coconut
sugar bananas & vanilla coconut cream.*