

# *Immersion Into Union – Retreat with Kate & Laura*

## *Thursday 15 – Sunday 18 June 2023, Dwellingup*

We are looking forward to guiding you through a three-night, four-day weekend retreat of yoga and ceremonies to nourish your body, mind, and soul deeply, and to bring you back into union/wholeness. Here is everything you need to know and prepare for, to make the most out of your immersion with us.



**Thursday 15 June to Sunday 18 June 2023**

**Noble River Estate**, 503 River Road Dwellingup – only a 90 minute drive from Perth.  
If you wish to ride share we can organise it for you or you can post on our Retreat Facebook group once you are booked.



**Check In:** You will be able to check in from 3:00pm on Thursday 15 June.

Our welcoming circle will commence at 4:00pm in the Main Lodge.

Bring your yoga equipment and wear warm clothes.

Please bring something to put on our altar – a flower, crystal, picture or anything that you would like to offer.

Items can be returned after the closing ceremony.

**Check Out:** Rooms need to be vacated by 10:30am on Sunday.

We will conclude the retreat at 2:00pm after the closing ceremony and lunch.



**Contacts:** Please contact Laura Cargill on **0427 272 252** or **[laura.cargill67@gmail.com](mailto:laura.cargill67@gmail.com)**

Or Kate Nelson on **0417 187 433** or **[kate@fremantleyoga.com](mailto:kate@fremantleyoga.com)**



**What To Expect:** Wake up in the mornings and join Laura for a meditation walk and a cold river plunge if you dare. Kate will then lead you through a yang vinyasa flow to warm you up and greet the day. After breakfast there will be creative activity in the middle of the day.

After lunch you will have some free time to rest or read or have a sauna or walk.

Then a yin class in the afternoon with Laura. After dinner there will be a short evening session including a cacao ceremony with dance and chanting.

This is a luxury immersion where you will be nourished and nurtured in your heart, mind and soul.

**Sauna:** You will have the opportunity to book a sauna or treatment with the amazing Geoff. More details will be given on our facebook group page. You will need to book before the retreat.



Image: @jesselee

**Nourishment:** We are thrilled to have Chef Nimrod Kazoom nourishing us with his incredible food.

All meals will be vegan and gluten free. If you have any dietary requirements or allergies, please email us asap and we will cater for your needs. The chalets are fully self contained, so feel free to bring any snacks or drinks that you may want during your stay.



Image: nimrodkazoom.com

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**Accommodation:** Set in beautiful bush surroundings Noble River Estate has secluded chalets around the property, a small lake, ducks, geese and kangaroos.

Many of the chalets have queen-sized beds in their own room. Some rooms have single beds in a shared room. We will allocate rooms on first come basis, while doing our best to accommodate your preference for groups/friends (please email us your requests), pricing is not effected by the type of bed or room.



Image: @nobleriverestate

**What To Bring:** Yoga clothes – you will need warm clothes for the Yin practice in the afternoons and the evening sessions. Layers are a good idea as are thick socks and a beanie.

Yoga equipment – yoga mat, one block, blanket and bolster – let us know if you need help sourcing any of these. Bathers if you wish to swim in the lake or take a sauna.

Please bring something white to wear for the opening ceremony and something red for the closing ceremony. Even just a scarf or top if you don't have all white or red.

Also bring a pen and notebook, and something for the altar as explained on page 1.

If you play an instrument, please bring it with you to play in the evening or for Kirtan.

If you wish to walk or ride a bike in your free time please bring good walking shoes and your bike.

There are some fantastic walking and mountain bike trails in Dwellingup.

We are looking forward to immersing with you in four days of yoga and ceremonies in this beautiful retreat space. This is a luxury retreat with amazing food and accommodation.

Please note that there is no cellular reception in your chalets, but there is wifi up in the main lodge – great chance to have a phone detox.



Image: @nobleriverestate

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**Facebook Group:** Once you have booked the deposit or paid in full, please introduce yourself on the [Immersion Into Union retreat with Kate and Laura Facebook group](#) so we can all get to know each other a little before we come together in Union. Share a lot or little about yourself and why you have chosen this retreat.

We will use this group page to communicate with you all leading up to the retreat. Please let us know if you do not use facebook and we will let you know updates in another form of communication such as email, WhatsApp or SMS.



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# Itinerary:

## Thursday 15 June

**3:00pm** Check in to your room

**4:00pm** Welcome to Country and opening circle followed by a short Yin yoga practice and meditation

**6:30pm** Dinner

Shamanic crafting – Fire ceremony

## Friday 16 June

**6:00am** Optional morning meditation walk in the bush with Laura

**7:00am** Early morning tea/coffee in silence

**7:30am** Morning yoga with Kate

**9:00am** Breakfast

**10:30am** Morning activity

**12:30pm** Lunch

Free time – enjoy a walk or ride, go into Dwellingup town, read, rest, sauna

**4:00pm** Yin yoga

**6:30pm** Dinner

**8:00pm** Kirtan/sound healing and esoteric discussion

## Saturday 17 June

**6:00am** Optional morning meditation walk in the bush with Laura

**7:00am** Early morning tea/coffee in silence

**7:30am** Morning yoga with Kate

**9:00am** Breakfast 9am

**10:30am** Morning activity

**12:30pm** Lunch

Free time – enjoy a walk or ride, go into Dwellingup town, read, rest, sauna or treatment

**4:00pm** Yin yoga

**6:30pm** Dinner

**8:00pm** Cacao ceremony and ecstatic dance

## Sunday 18 June

**6:00am** Optional morning meditation walk in the bush and river dip with Laura

**7:00am** Early morning tea/coffee in silence

**7:30am** Morning yoga with Kate

**9:00am** Breakfast

**10:30am** Check out of rooms. Closing ceremony in the Main Lodge

**12:30pm** Lunch



## *Immersion Investment*

**Early Bird Price \$990** – for the first ten people to book

**PAY NOW**

**Full Retreat Price \$1,200** – 14 spots available

**PAY NOW**



To make it easier on managing and making this immersion possible for you financially, we are offering a payment plan – a non-refundable deposit to hold your place, then two further payments:

### **Early Bird Payment Plan**

Deposit \$330 **PAY NOW**

Payment 1 **PAY NOW** (due Mon 1 May 2023)

Payment 2 **PAY NOW** (due Thu 1 June 2023)

### **Full Retreat Price Payment Plan**

Deposit \$330 **PAY NOW**

Payment 1 **PAY NOW** (due Mon 1 May 2023)

Payment 2 **PAY NOW** (due Thu 1 June 2023)

Please contact Kate on 0417 187 433 or [kate@fremantleyoga.com](mailto:kate@fremantleyoga.com) with your payment choice, or if you are having any problems with payment links

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