



Presents.....

Awaken Spring Yoga and Meditation Retreat 8th - 10th September 2023



Join us for a weekend at the base of the Watagan Mountain Range for yoga, meditation in nature, fire rituals and crystal bowl sound healing sessions. This is going to be a beautiful weekend which will also offer plenty of time for rest and reflection in the natural surrounds of the pristine forest.

Watagans Eco Retreat is an idyllic and serene bush retreat yet only 90 minutes north from the CBD and 40 minutes easy drive from the Central Coast. It offers a welcome respite from the busyness of life and is such a tranquil and calming environment that you will unwind as soon as you enter the driveway.

Delicious, fresh and healthy vegetarian meals will be provided and prepared daily on site, using locally sourced seasonal organic produce where possible. We can accommodate any dietary requests. Please let us know ASAP.

Through the practices offered your senses will be refined and your awareness expanded, allowing you to fully enjoy the arrival of a new season and set an intention for the warmer months and the expansion of light as Spring and Summer approach.

Schedule

Friday

Arrive from 2pm - take a walk, read a book and settle

Welcoming Circle & Grounding Yoga practice with Cassandra 5.00pm

Welcome Dinner 6.30pm

Fire Circle Meditation with Liz 8.00pm

Saturday

Connection in Nature Meditation 7.00am

Silence and Contemplation, tea & toast 7.30 - 9.00am

Yoga Practice with Cassandra 9.00 – 11.00am

Brunch 11.00am

Free time/Massage/Rest/Walk 12.00 - 3.00pm

Sound Healing Bath with Crystal Bowls - 3.00 – 4.00pm

Restorative Yoga Practice with Cassandra 4-5.30pm

Dinner 6.00pm

Fire Circle Meditation 8.30pm

Sunday

Meditation in Nature with Liz 7.00am

Silence and contemplation, tea and toast 7.30- 9.00am

Yoga Practice with Cassandra 9.00 – 11.00am

Brunch 11.00am

Free time/Massage 12.00 - 2.00pm

Yoga practice and Closing Circle 2.00pm

Pack up and depart by 3.00pm

Payment Terms

EARLY BIRD SPECIAL \$200 DISCOUNT If paid before August 1st

Option 1

- Share with one other in **twin room** - Early Bird \$999 or \$1199 after August 1st

Option 2

- Share in **shared room** - \$899 or \$1099 after August 1st

DEPOSIT

Non Refundable Deposit to secure your place of \$100 paid ASAP.

Cost includes:

2 nights accommodation at The Watagans Eco Retreat

2 x dinners (Fri/Sat night), 2 x brunches (Sat/Sun) and healthy snacks between meals, tea and coffee;

2 x 2 hour yoga classes per day;

2 x meditation classes per day

Saturday Afternoon Sound Healing Crystal Bowl Bath with experienced and highly trained sound healer Lisa Stanford.

The use of on site SPA BATH

Payment is preferred via transfer directly into the following bank account:

Account Name: Cassandra Missio

BSB: 062 199

Account number: 1064 9390

Terms and conditions

- Non refundable deposit of \$100 to secure your place
- Full Payment due Friday August 28th. Payment plans can be arranged. Please reach out to Cassandra on 0413 303 484 to arrange.
- Once full payment has been made, there will be no refunds unless your space on retreat can be filled.

What to Bring:

- Yoga gear if you have - mat, bolster, blocks, blankets etc
- Water bottle
- A good book
- Warm clothes as there is a chill at night
- Walking shoes
- Hat
- Journal and pen for writing exercises
- Bath towel - no towels supplied

FAQ's/Other Information**Address:**

Watagans Eco Retreat

167 Watagan Road

Martinsville

NSW 2265

For further information please contact Cassandra on 0413 303 484 or Liz on 0407 797 976

TESTIMONIALS

“These yoga retreats are an oasis of sanity in a busy year. Nurturing, nourishing and so necessary. They test my body in all sorts of interesting ways too- challenging with support that enables.”

“This retreat was perfect for a yoga-rookie. Supportive warm and friendly. Wonderful setting and stillness. Nourishing and relaxing. I feel incredible rejuvenated. Thank you for all your planning and effort to make this a thoughtful weekend away from the daily hustle.”

“Thank you Cassandra. This was a great opportunity to re-connect with yoga, friends and myself. You have crafted a beautiful, peaceful and warm atmosphere which allows us to challenge ourselves, while restoring our souls!”

ABOUT CASSANDRA MISSIO



Cassandra has been teaching yoga since 2003 and practising since 1997. After her first class in 1997, Cassandra knew that yoga was going to become a central focus of her life. She soon began regular practice, attending classes 4-5 times a week with great enthusiasm. After 5 years of dedication to the art she embarked upon a 4.5-year teacher training apprenticeship with Craig Sharp at Reiby Hall in Sydney's Newtown. He mentored Cassandra through these profound years of learning. She assisted him in class and on retreat, completed a wide range of anatomy and philosophy assignments, attended classes with him and assisted with the running of the studio. In 2006 Cassandra was ready to step out into the world and offer what she had learnt, establishing her own studio which has now become Earth and Sky Yoga in Marrickville. After many years of refining her teaching, Cassandra became a certified Anusara Teacher in 2009. She co-taught the

Anusara Immersion series in 2011/12 and has assisted and observed on various teacher trainings in Australia and abroad, including with John Friend in Atlanta, Georgia.

Nurturing her students whilst encouraging playfulness, Cassandra's classes weave precise biomechanical alignment and a heart-centred philosophy with the intent to offer an experience of freedom and spaciousness for the body and heart.

Classes on the retreat are suitable for all ages and levels of yoga experience (beginner, intermediate or advanced).

About Liz McDonald



Liz is a soulful and intuitive woman. A mother of three children who has lived a varied and experienced life around the world as first a traveller and later a corporate executive until she settled on the Central Coast of NSW 18yrs ago to begin her family.

For 20 years she has worked with the energies of the Divine Feminine; Sacred Earth and Soul Source frequencies and

more recently reignited her Celtic, Druid Soul Seer & Shamanic Healer while living in Ireland for 2 years. Liz meets you in a very human and down-to-earth way, yet reaches you in a deep and soulful place in order to give you what both your mind and soul are asking for at that moment.

This can manifest in many ways such as practical day-to-day advice, or soul-led insights through meditation and guided visualisation, mostly you will receive a combination of both. With her spiritual intuitive guidance, Liz translates your unconscious into your conscious awareness in order to create tools for you to use every day that will help you create new behaviours and beliefs to support a growth mindset towards living.

Liz is also a Reiki Master, Pranic Healer, Shamanic Healer, Meditation Teacher, Sacred Mama Circle & Women's Circle Facilitator, Holistic Counsel, Soul Seer, Intuitive Guide, Soul Mentor, Channel & Clairvoyant. What began as a journey of personal spiritual development many many years ago is now not only Liz's business but also passion!

Liz runs regular groups, workshops & 1to1 sessions both online and in person. Her online

work allows her to continue helping clients from all around the world. Her in-person groups will soon be expanding to Sydney.