



BREATHE IN BLISS

A BYRON BAY LUXURY
BREATHWORK RETREAT

15 - 18 FEB 2024
BYRON BAY

THU 15-18 SUN FEB 2024

CREATORS SARAH ROUTHIER &
DESTINY WOLF

BYRON BAY HINTERLAND

→ Kick of your year with a journey inwards to ignite your soul to the beat of your heart's calling. Our retreat has been curated to include powerful holistic modalities to open space for personal transformation and a return home. →

BREATHE IN BLISS

Enjoy luxury accommodation influenced by global adventures and cultural designs. Savour organic farm to table meals by our personal chef. Relax and unwind soaking in the beauty of the tranquil surroundings or cosy up by one of the fireplaces. Each day will be a journey of grounding, expanding, and expressive practices that allow you to realign and step into the fullness of who you are.

Your journey will invite you to feel into your body through a variety of breathwork sessions, somatic yogic sessions, a range of meditation techniques, sound healing ceremonies, creative expression workshops, spiritual philosophical teachings, and find your bliss in a nourishing cacao ceremony with an ecstatic dance celebration of life.

Visit [@destinywolfyoga](#) or [@sarahnicoleyoga](#) to connect with your teachers

www.destinywolf.com www.sarahrouthier.com



BREATHE IN BLISS

THE LOCATION

Nestled in the hills twelve minutes outside Byrons bustling town, our retreat sanctuary invokes an overflowing beauty into five acres of paradise. A haven that imparts serenity with its rolling lawns, terraces and nooks, swings in the rainforest and wild ducks on the lake. Wandering the gardens, feeding the alpacas or collecting eggs from the chook house are sure to remove any remnant of stress.

The space draws an energy that intertwines design with the casual Byron Bay lifestyle. Handcrafted details enhance the sense of being part of nature; humble materials have been recycled, salvaged and re-imagined in unexpected ways that celebrate a spirit of creativity. A fusion of art and function, distilled to an ethos of simple luxury that nourishes the soul.



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OFFERINGS

- * 3 nights 4 days accommodation at a luxury Byron Hinterland property
- * Daily ceremony + yoga + meditation + creative sessions
- * All Farm to table meals prepared by talented + local organic chefs
- * Special self love gift from us for you to enjoy
- * Air conditioned bedrooms with bespoke interiors and art
- * Sauna + ice bath + oversized fire pits for our sunset gatherings with a tipi
- * 3 freshwater beach entry swimming pool's
- * 5 acres of rolling lawns, majestic nooks and terraces that include a garden boardwalk, yoga shala, gazebo overlooking a lily pad lake.

Whats Not Included

- * Optional massage or facial with Byron Spa Menu (must pre-book)
- * Airfares
- * Transit to and from our accommodation (we can assist)

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BREATHE IN BLISS

RETREAT LIFE

6:30am Morning Ceremony /
Meditation

7:00am Yoga Session

9:00am Breakfast

11:00am Creative Expression
Workshop

1:00pm Lunch

2:00pm Nature Activity

4:00pm Breathwork Session

6:30pm Dinner

8:00pm Evening Ceremony

Throughout this experience
you'll be making meaningful
connections with like minded
souls and deepen your
connection with yourself.

It's our hope for you to leave this
retreat feeling more free and
liberated to be you.



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BREATHE IN BLISS

THE VILLA

Upon arrival, an ancient gong suspended over tumbling water, the sandstone archway and an aqua glimpse of the infinity pool encourage a casting off of all stress, to be replaced with a deep sense of calm.

Bedding Configuration
(5 Bedrooms 4 Bathrooms)

Bedroom V1 Master Suite (with en-suite bathroom) Timber King bed with balcony

Bedroom V2 King bed or 2 King singles

Bedroom V3 King bed or 2 King singles

Bedroom V4 King bed or 2 King singles

Bedroom V5 King bed or 2 King beds (self contained suite with kitchenette, ensuite bathroom and balcony)



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THE HOUSE

Through the huge entrance doors, the first glimpse of the pool tiled a dark sapphire and beyond, the verdant gardens and thatched gazebo poised over the lake, will take your breath away!

Bedding configuration:
(2 Bedrooms 2 Bathrooms)

Bedroom H1 (upstairs) King Bed with Spa Bath and outdoor shower

Bedroom H2 (downstairs) King Bed or 2 King singles plus over head bunk with Handmade Bath

Outdoor shower
Swimming Pool
Open Fireplace/Wood
Barbeque/Kitchen

The House could be shared with friends - Please let us know if you are coming with others.

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BREATHE IN BLISS

THE LOFT

The Loft has the air of a country church, with its high pitched ceilings and different histories seeped into the reclaimed wood walls. Massive bridge timber beams form the centre piece of this unique structure.

Bedding configuration:
(2 Bedrooms 1 Bathroom)

Bedroom L1 (upstairs loft) King Bed or 2 King singles
Bedroom L2 (downstairs) King Bed or 2 King singles
Outdoor shower
Swimming Pool
Wood Heater/Wood
Barbeque/Kitchen

The Loft could be shared with friends - Please let us know if you are coming with others.

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BREATHE IN BLISS

ROOM TYPES PRICING

Sold out rooms are crossed out

VILLA	SOLO	SHARE
V1	\$3390	\$2790
V2	\$2280	\$1680
V3	\$2300	\$1700
V4	\$2300	\$1700
V5	\$3400	\$2800



HOUSE	SOLO	SHARE
H1	\$3090	\$2490
H2	\$2700	\$2100

LOFT	SOLO	SHARE
L1	\$3090	\$2490
L2	\$2480	\$1880

Please make your deposit to the following account - Thank you!
(list your surname in the transaction description):

Destiny Wolf
BSB: 013 711
Account: 653524207



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FINAL DETAILS

PAYMENT

Once you fill out your RSVP and you are ready to invest in yourself, send your non-refundable deposit of \$500 to secure your spot and room choice. Email hello@destinywolf.com to confirm your room choice. Final payment is split into two amounts due 8 and 4 weeks before the retreat start date. We have payment plans available where preferred but not on sale prices.

CANCELATION POLICY

Deposits secure your spot on the retreat and are not refundable. Refunds for the balance payments vary depending on timing. For cancellation requests submitted with more than 90 days of retreat date: 100% of total amount (less deposit) will be refunded. For cancellation requests submitted within 90 days of retreat date, 50% of total amount (less deposit) will be refunded. Cancellation requests within 30 days of the retreat will not be refunded but can be used for another retreat. We will try our best to accommodate in anyway we can.

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BREATHE IN BLISS

FACILITATORS



Sarah is a yoga and meditation teacher, advanced breathwork facilitator, bodyworker who loves to help people reach their full potential through somatic embodied practices that promote union and health in all realms - spiritual, mental, and the physical bodies. she creates meaningful spaces to help people expand in a playful, yet challenging way to deepen their connection with themselves (and their self healing).



Destiny is a yoga and meditation instructor and sound healer, who teaches a diverse style of classes. Destiny's journey led her to facilitate holistic healing practices, as she witnessed powerful transformation and healing in her own life. Her deepest desire is to share these dynamic tools of liberation with others to help them feel nourished, accepted, balanced, encouraged and connected to their wholeness.

BREATHE YOUR MEDICINE

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→ Are you ready to breathe your bliss? →