

Deep Rest

Massoga® Retreats





Our Inspiration — Our Clients

I am infinitely grateful to Wallis and her Massoga[®] crew for taking such good care of me on retreat. I stepped out of the linear time of the working world into the timelessness of self, connection with others and ancient practice.

— Erin, May 2022, Otways

Inclusions

Stay

Your accommodation is included in your retreat package and can be private or shared.

Windmill and Blackwood - Private + Exclusive for one, or 2 sharing. Aquila, Bluegum, Mannagum and The Lodge - Shared, Private rooms available.

Eat

Three vegetarian or vegan meals per day + snacks prepared by our private chef are included in your retreat package. The chef will cater to your dietary requirements.

Yoga

A yoga practice; Massoga® massage yoga, slow flow, and a meditation plus some additional activities like group hikes, sound baths + workshops are included in your retreat package. Optional extra's include private treatments like massage.

A treatment menu will be provided on retreat for optional extras.

Guest Comments

“

I attended a retreat with Wallis and all I can say is wow! Wallis holds powerful deep space. The combination of yin yoga and massage is incredible. The wisdom that Wallis taught helped me to go deeper within, release more and reset.

~ Nicole, Otways May 2022

“

Wallis has cultivated an experience built on intention, intuition and experience. She knows the care and work her guests need to be able to come to ground and to befriend, once again, the winter within.

~ Erin, Otways May 2022

The Accomodation

Windmill ~ Private
1 x King or Twin

Blackwood ~ Private
1 x King or Twin

Aquila ~ 2 Bed
2 x Kings or Twins

Bluegum ~ 3 Bed
2 x Kings or Twins
1 x singles/bunks

Mannagum ~ 4 Bed
3 x Kings or Twins
1 x 4 singles

Lodge ~ 2 Bed
2 x Kings or Twins



Lodge

Warm and cosy when the fire is lit, or the sun is streaming in through expansive windows.

The top level of the Lodge has 3 double bedrooms with king size beds and 3 bathrooms. There are barbecues and outdoor seating. The whole complex has a long veranda overlooking the pristine Pennyroyal Valley with spectacular views to the east, north & west. The Hall is connected to the Lodge via a small staircase and is a versatile space that can be used for conventions, seminars, weddings or yoga retreats. It has a set of 6 glass doors that concertina inwards to open the whole room to the view of the valley.

Sleeps 2 in private accommodation or 4 sharing.





Lodge

Overlooks the pristine Pennyroyal Valley.

- 2 king bedrooms in Lodge, one with en-suite
- All beds are made up with crispy white sheets, and a warm cosy doona with additional blankets
- Thick white bath sheet towels are supplied for each guest
- Hall can become dormitory with up to 8 single beds
- 3 bathrooms
- Fully equipped kitchen with commercial size stove & oven
- Display refrigerator
- LCD TV, DVD & CD Players
- Wood fire heater
- Reverse cycle heating/cooling
- Expansive outdoor deck with BBQ



Kings or Twins

Inclusive of at the Lodge:

- 2 x King Beds or Twin Share Rooms
- Shared bathroom
- \$1690 for one in King Bed
- \$1330 each for two sharing in Twin Beds



Make it Great

Honour your desire for deep rest.

Massage, meditation, yoga, naps, reflection, time in nature, journaling, and of course Massoga®. We have curated a retreat menu with an abundance of time and opportunity for deep rest.





Mannagum

Spacious inside with beautiful forest outlook.

Mannagum is a much loved and rambling 5-bedroom residence. Popular with friends retreating together, this cottage can accommodate 10 people in comfort. There are 3 king size bedrooms, and 1 large bedroom with 4 single beds. The spacious living area is open to a large functional, fully equipped kitchen and a large outdoor deck area with a beautiful forest outlook. There are 2 bathrooms. This cottage has wheelchair access.

Sleeps 4 in private accommodation or 10 sharing.





Mannagum

With a spacious living area is open to a large outdoor deck area with a beautiful forest outlook.



- 3 King bedrooms
- 1 bedroom with 4 single beds
- 1 small bedroom with single bed
- All beds are made up with crispy white sheets, and a warm cosy doona with additional blankets
- Thick white bath sheet towels are supplied for each guest
- 2 bathrooms
- Fully equipped kitchen
- LCD TV, DVD & CD Players
- Wood fire heater
- Wall heater
- Large outdoor deck with BBQ



Kings or Twins

Inclusive of at Mannagum:

- 3 x King Beds or 3 x Twin Share Rooms
- 4 Singles beds
- Shared bathroom
- \$1690 for one in King Bed
- \$1190 each for two sharing in Twin Beds
- \$990 each for single bed in shared room (sleeps 4)



Nourish Yourself

With time and space for your digestive system to reset.

The regular hubbub of life, the phone calls and emails, the attention on kids and partner, life admin, cooking, cleaning, and the list goes on, can get in the way of us getting the nourishment we need if we are not paying attention. Give your digestive system a rest with nutrient rich, organic, locally sourced produced prepared by our private chef. This is essential to thrive, not just survive in life.





Our Private Chef

Creating mouthwatering feasts, single-use plastic free, tailored menus with reliable service with the core values of highlighting and focusing on Seasonal, Local, Organic & Whole foods.

Founder at S.L.O.W. Catering, Chase White believes in Seasonal, Local, Organic and Whole foods. With 10 years of experience in high end restaurants in Melbourne including Bistro Guillaume, Coda & Red Spice Road culminating in the reality that working in the fast paced world of food production comes at a cost, both to the chefs and the environment as a whole. With a stint at Lentil As Anything, a Not-for-profit community organisation that was dedicated to making real change in the world, Chase studied Permaculture, before starting S.L.O.W. Food Catering, we are very lucky to have them on our retreat this May!



Bluegum

Relax and watch the birds and other wildlife in this lovely environment.

Situated high on the property with a northerly aspect and grassy picnic area, Bluegum is a split level recycled polished timber cottage. Bluegum accommodates up to 8 guests with 2 king bedrooms, 1 bedroom with 2 single beds and 2 bunks, and 2 spacious bathrooms, on the upper level. Downstairs is an open plan lounge, dining area with a fully equipped kitchen. The garden area has a gas barbecue and an outdoor table with benches for seating. Relax and watch the birds and other wildlife in this lovely environment.



Sleeps 8 in shared accommodation, or 2 in private King rooms and 4 in a Twin share/Bunk option.



Bluegum

Situated high on the property with a northerly aspect receiving the morning sun.



- 2 king bedrooms
- 1 bedroom with 2 single beds & 2 bunks
- All beds are made up with crispy white sheets, and a warm cosy doona with additional blankets
- Thick white bath sheet towels are supplied for each guest
- 2 bathrooms
- Fully equipped kitchen
- LCD TV, DVD & CD Players
- Wood fire heater
- Wall heater
- Private garden area with BBQ



Kings or Twins

Inclusive of at Bluegum:

- 2 x King Beds or Twin Share Rooms
- 4 Singles beds/bunks
- Shared bathroom
- \$1710 for one in King Bed
- \$1430 each for two sharing in Twin Beds
- \$990 each in bunk room (sleeps 4)

Location

Pennyroyal, Otways, Victoria



Travel

The retreat location is just under a 2 hour drive from Melbourne.

Place

King Parrot Retreat Centre is nestled on the north-facing hillside of the spectacular Pennyroyal Valley.

Mood

This location is surrounded by beautiful forest, providing the perfect setting to immerse yourself in nature.



Acquila

Acquila is a beautiful rustic cottage with a private aspect.

Accommodating up to 6 guests, in between the 2 spacious king bedrooms upstairs is an area with 2 bunks opening out onto a sunny balcony. Comfortable living and dining areas downstairs with a well-equipped kitchen. Acquila has a spacious bathroom and an extra toilet. The focus of this cottage is out across an expansive hillside of grass to a stand of Blackwood trees. Birds abound around this cottage and kangaroos are very close at dawn and dusk. There is an outdoor pavilion with a BBQ area and seating, to sit and watch the friendly parrots and soak up the sunshine.



Sleeps 3 in private accommodation or 6 sharing.



Acquila

An incredible view of the expansive hillside of Blackwood trees.



- King or Twin Share or Bunk bedrooms
- All beds are made up with crispy white sheets, and a warm cosy doona with additional blankets
- Thick white bath sheet towels are supplied for each guest
- 1 bathroom plus extra toilet
- LCD TV, DVD & CD Players
- Wood fire heater
- Wall heater
- Private outdoors pavilion with BBQ



Kings or Twins

Inclusive of at Aquila:

- 2 x King Beds or 2 x Twin Share Rooms
- 2 Bunk Beds
- Shared bathroom
- \$1890 for one in King Bed
- \$1490 each for two sharing in Twin Beds
- \$990 each for two sharing in Bunks (sleeps 2)

Daily Practice

MASSOGA®

We will include the deeply restorative Massoga® practice, a combination of Restorative Yin and Massage.

MEDITATION

We will learn to meditate together using the One Giant Mind Being Technique.

FLOW

We will move through a steady slow flow enlivening our body and centering our energy.

NATURE

Being in nature will remind us of our innate desire to move consciously through this one life.



Blackwood

Stunning aspect from the light filled bedroom on the upper level.



Blackwood is a delightful private cottage for 1 or 2 sharing. The light filled bedroom is on the upper level, with balcony, overlooking the dam facing north to accept the morning sun. The living area on the ground floor has double doors opening onto a lush grass outdoor area with a Weber BBQ.

Sleeps 1 in private accommodation or 2 sharing a King bed.



Blackwood

North facing to accept the morning sun.

- King bedroom
- 1 bathroom
- All beds are made up with crispy white sheets, and a warm cosy doona with additional blankets
- Thick white bath sheet towels are supplied for each guest
- Well-equipped kitchen (no oven)
- LCD TV, DVD & CD Players
- Wood fire heater
- Reverse cycle heating/cooling
- Private outdoor area with BBQ





King or Twin

Inclusive of at Blackwood:

- King Beds or Twin Share
- Exclusive + Private
- 1 Bathroom
- \$2190 for one
- \$1610 each for two sharing in Twin beds

The Team



Wallis Murphy-Munn — Facilitator

Founder of Massoga®, Wallis will lead you through restful and rejuvenating days and teach you skills to take back into life post retreat.



Chase White - S.L.O.W. Food Catering

Highly skilled chef Chase, with experience at Bistro Guillaume, Coda & Red Spice Road, he discovered his true passion was for sustainable, ethical cooking, and founded S.L.O.W. Food Catering.



Windmill

Beautifully designed with recycled timber floors.

The polished recycled timbers enhanced by the natural light upstairs which houses the kitchen and living areas opening out onto an inviting deck area through double doors. The bathroom is on the middle level and a spacious double bedroom with a luxurious king size bed with crisp white sheets a warm doona on the lower level. Windmill has a private outdoor dining area with Weber BBQ.

Sleeps 1 in private accommodation or 2 sharing a King bed.





Windmill

Luxurious king size bed with crisp white sheets.

- King or Twin Share bedroom
- 1 bathroom
- All beds are made up with crispy white sheets, and a warm cosy doona with additional blankets
- Thick white bath sheet towels are supplied for each guest
- Well-equipped kitchen (no oven)
- LCD TV, DVD & CD Players
- Wood fire heater
- Reverse cycle heating/cooling
- Private outdoor area with Weber BBQ





King Room

Inclusive of at Windmill:

- Exclusive + Private
- King Bed or Twin Share
- 1 Bathroom
- \$2190 for one
- \$1610 each for two sharing



Get in touch with us

Email:

info@massageyoga.com.au

Website:

www.massageyoga.com.au

Number:

0405802269





Follow us on social media

Facebook [@fb.com/MassogaMassageYoga](https://fb.com/MassogaMassageYoga)

Instagram [@massoga_](https://massoga_)