



MAS SOGA[®] RETRREATS

MAGNETIC ISLAND

2024

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The experience of Massoga® on retreat is nothing short of five stars. What a privilege to experience being held by Wallis and the phenomenal retreat team not once, but twice. Travelling to Magnetic Island in both 2022 and 2023 gave me two different experiences, both of which were exactly what I needed.

My experience included bucketloads of rest together with nourishing and tasty food (thanks to the high vibe Sophia from Bloom Kitchen), amazing conversations with fellow retreat goers, daily yoga and meditation, swims and walks across such a special island. The jewel in the crown was definitely the 90 minute Massoga sessions, which take the nourishing rest and restoration of Yin yoga to the sublime with hands on massage. Absolute bliss.

JESS, RETREAT GUEST 2022 AND 2023

LOCATION

Magnetic Island, nestled off the coast of Queensland, Australia, offers an enchanting escape that leaves an indelible mark on every visitor. Stepping onto its shores feels like entering a tropical haven where time slows down and worries dissipate. The island's verdant landscapes, rimmed by pristine beaches and sparkling waters, create a captivating setting for adventure and relaxation.

Hiking trails like the Forts Walk wind through lush forests, leading to World War II-era fortifications and vantage points that afford breathtaking panoramic views of the Coral Sea. The island's diverse wildlife, including its iconic rock wallabies, adds an element of wonder to these explorations.

Sinking your toes into the powdery sands of Horseshoe Bay or secluded Alma Bay, you'll find serenity in the gentle lull of the waves. Snorkeling and diving in the Great Barrier Reef Marine Park's nearby waters reveal a vibrant underwater universe brimming with colorful corals and marine life.

The island's laid-back atmosphere is reflected in its charming communities, with local markets, waterfront dining, and friendly residents welcoming you with open arms. Magnetic Island's magnetic allure extends beyond its name, captivating travelers with an experience that lingers in memory long after the journey ends.



PROGRAM

This retreat allows you the space each day to connect with your body, heart and mind through transformative activities featuring Massoga®, movement, meditation, cold plunging, ice baths, private massages and time to immerse in nature and explore the island, and more.

The signature practice of Massoga® provides you with ultimate restoration. You are transported to a heightened state of deep relaxation. Unlike any other yoga practice, there are massage therapists helping you to relax more deeply in every pose! Lots of expert hands for #twicetherelaxation and a time to absorb all you are learning.

This retreat is designed around Time-Restricted Eating (TRE), where we will eat nourishing and highly nutritional foods between 11-7pm. If you're not used to a 16 hour fast, doing it in community on retreat is a great way to experience it. Practicing the TRE method supports weight loss, improves blood sugar control, and lowers chronic inflammation. If you do not want to opt into TRE on retreat, a light breakfast will be available for you.

SCHEDULE

Each day is comprised of a collection of luscious activities. You are welcome to take part in as much or as little as you feel through out our time together.

All meals, group activities will take place at Tranquility Base, a 5-8 minute walk from other accommodation.

If you book private massages they will be scheudled in the free time around activities. These will also be at Tranquility Base.

Please note, the schedule is subject to change.

Day 1 - Monday

Arrive from 12pm, Welcome Tea, Snacks available.

Free Time; explore and rest and take your private treatment

3pm Welcome to Retreat, Meet and Greet, followed by Slow Yoga and Meditation.

530pm Sunset Dinner

Day 2 - Tuesday

8am Walk/Hike

9.30am Breathwork + Cold Plunge/Ice Bath

11am Brunch

12pm Self Discovery Workshop + Meditation

Free Time; to explore and rest and take your private treatment

3pm Massoga® massage yoga

530pm Dinner

Day 3 - Wednesday

8am Slow Yoga + Meditation

11am Brunch

Free Time; explore and rest and take your private treatment

530pm Dinner

Day 4 - Thursday

8am Morning to Rest

11am Brunch

Free Time; explore and rest and take your private treatment

4pm Self Discovery Workshop + Meditation

530pm Dinner

Day 5 - Friday

8am Slow Yoga + Meditation

11am Brunch

Free Time; explore and rest and take your private treatment

3pm Massoga® massage yoga

530pm Dinner

Day 6 - Saturday

9am Closing Meditation. Followed by Breathwork + Cold Plunge/Ice Bath

11am Brunch

1pm Departure



SERENITY DEFINITELY LIVES UP TO IT'S
NAME... CALM AND PEACEFUL

ANGELA, GUEST AT SERENITY

GUEST ACCOMMODATION & AMENITIES

As a retreat guest you will have exclusive access to 6 villas for our retreat week. Enjoy a private pool and plenty of outdoor space to relax. This property has been carefully selected to ensure all guests have a comfortable and relaxing place to enjoy retreat. You will be less than a 3 minute walk from the main house where we will undertake our group activities and enjoy meals.





KING BED

Book a King Bed for your retreat and have a big comfy bed in a private room with shared bathroom.



QUEEN + TWIN BED

Two of the villa's have two bedrooms, one with a queen bed and one with a twin share option. There is one bathroom shared between both rooms.



SOFA BED

All villa's have a sofa bed. This is a great option for the budget traveller. The sofa bed is located in the kitchen lounge area.

SERENITY ON MAGNETIC

1 and 2 bedroom villas with an emphasis on style, surrounded by lush tropical landscaped gardens bursting with singing wildlife. Fully air conditioned throughout, LCD TV, DVD player, open plan living/dining with modern fixtures and fittings



VILLA 1

Bedroom 1: 1 x King Bed

Lounge Room: 1 x Sofa Bed



VILLA 2

Bedroom 1: 1 x Queen Bed

Bedroom 2: 2 x Single Beds

Lounge Room Sofa Bed



VILLA 3

Bedroom 1: 1 x Queen Bed

Bedroom 2: 2 x Single Beds

Lounge Room Sofa Bed

SERENITY ON MAGNETIC

Located in a complex of 6, 2 x 2 bedrooms, 4 x 1 bedrooms, in-ground pool, and undercover courtyard perfect for entertaining or just relaxing reading by the pool. Undercover and off street parking available.

VILLA 4

Bedroom 1: 1 x Super King Bed
lounge Room Sofe Bed

VILLA 5

Bedroom 1: 1 x King Bed
Lounge Room: 1 x Sofa Bed

VILLA 6

Bedroom 1: 1 x King Bed
Lounge Room: 1 x Sofa Bed



PRICING

KING BED

PRIVATE ROOM ~ \$2,660.00

SHARED ROOM ~ \$2,330.00

QUEEN BED

PRIVATE ROOM ~ \$2,360.00

SHARED ROOM ~ \$2,180.00

TWIN BED

SHARED ROOM ~ \$2,180.00

SOFA BED

IN 1 BED VILLA \$1,900.00

IN 2 BED VILLA \$1,760.00

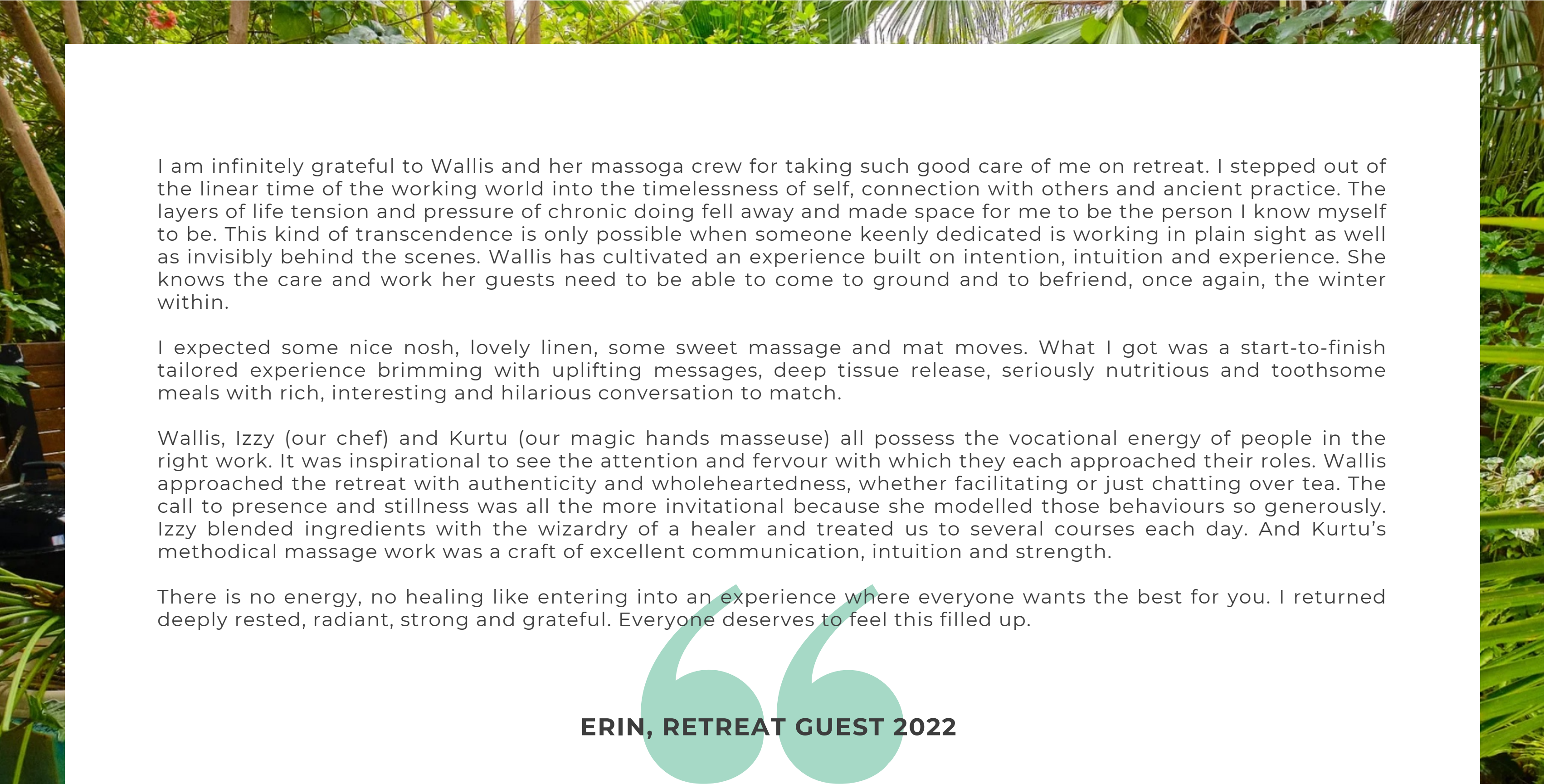


Embarking on a Massoga® retreat is a transformative journey that offers a multitude of benefits, making it a compelling choice for anyone seeking to rejuvenate their body and soul. Going on a retreat allows you to acknowledge that you deserve this time of self-care and introspection. In our fast-paced lives, it's easy to neglect our own needs, but a retreat reminds you to prioritize self-nurture. On a yoga retreat, you're granted the precious gift of time – time to delve deep within yourself and contemplate your true desires. It's a space where you can reflect on your aspirations and practice them without the distractions of daily life.

Retreats provide an opportunity to cultivate and refine your yoga and mindfulness practices. Whether you're a seasoned yogi or a beginner, you can explore and deepen your practice in a supportive and serene environment. One of the most enriching aspects of a yoga retreat is the sense of community. Surrounded by like-minded individuals, you'll find inspiration and connection as you share your journey toward self-discovery and growth. A retreat takes the stress out of planning a holiday. Every detail is meticulously organized for you, allowing you to fully immerse yourself in the experience. From accommodations to meals and activities, all you need to do is relax and embrace the journey.

The care and nurturing provided by a Massoga® Retreat are unparalleled. It's a space where you're pampered and supported, leaving you feeling revitalized, balanced, and ready to face the world with renewed energy and clarity. In sum, a yoga retreat is a holistic experience that nourishes your body, mind, and spirit, making it a truly worthwhile endeavor for anyone seeking personal growth and well-being.

WHY RETREAT WITH MASSOGA®

A vertical strip of lush tropical foliage, including palm leaves and various green plants, runs along the right side of the page. The background of the text area is a light, neutral color.

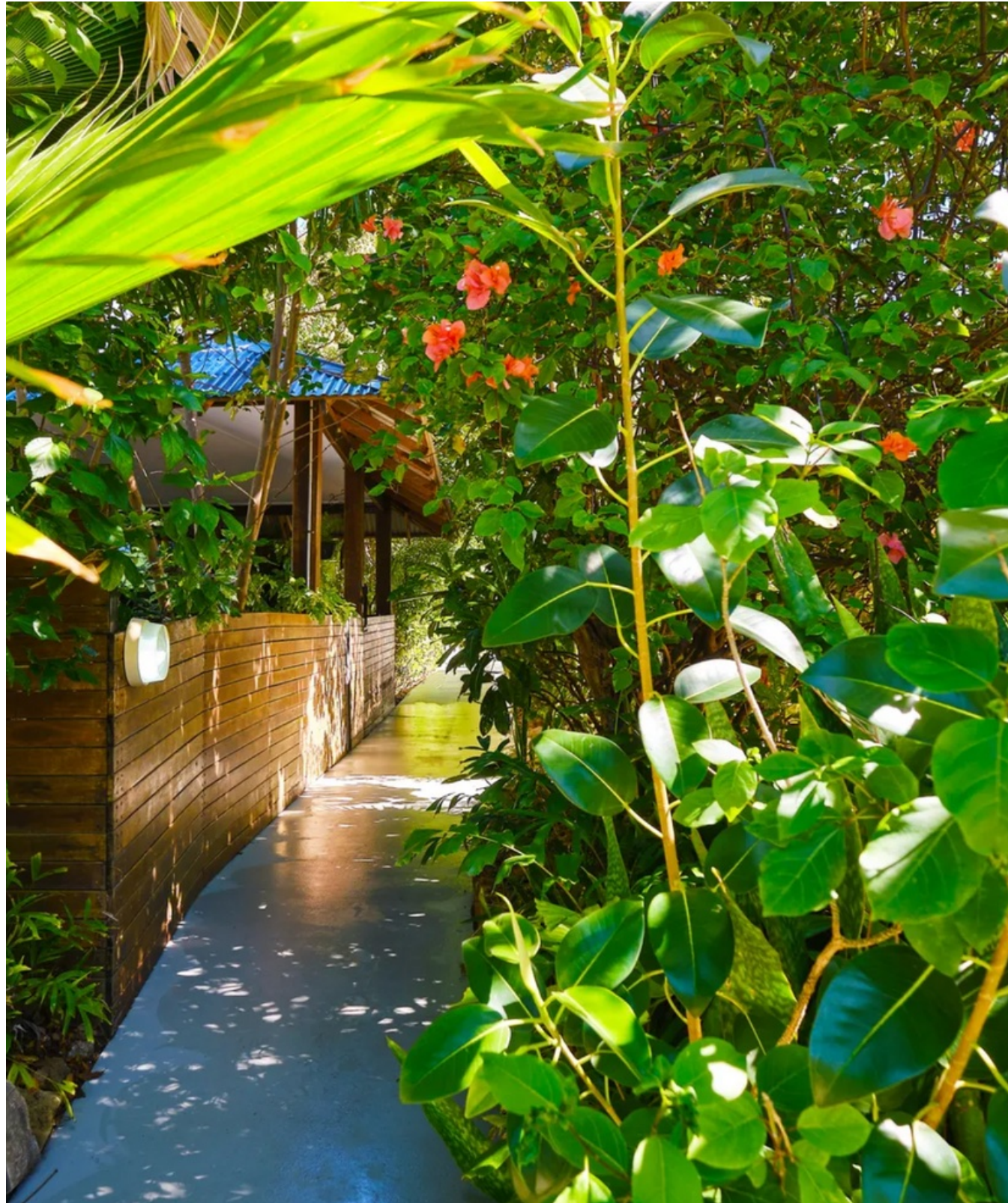
I am infinitely grateful to Wallis and her massoga crew for taking such good care of me on retreat. I stepped out of the linear time of the working world into the timelessness of self, connection with others and ancient practice. The layers of life tension and pressure of chronic doing fell away and made space for me to be the person I know myself to be. This kind of transcendence is only possible when someone keenly dedicated is working in plain sight as well as invisibly behind the scenes. 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.

I expected some nice nosh, lovely linen, some sweet massage and mat moves. What I got was a start-to-finish tailored experience brimming with uplifting messages, deep tissue release, seriously nutritious and toothsome meals with rich, interesting and hilarious conversation to match.

Wallis, Izzy (our chef) and Kurtu (our magic hands masseuse) all possess the vocational energy of people in the right work. It was inspirational to see the attention and fervour with which they each approached their roles. Wallis approached the retreat with authenticity and wholeheartedness, whether facilitating or just chatting over tea. The call to presence and stillness was all the more invitational because she modelled those behaviours so generously. Izzy blended ingredients with the wizardry of a healer and treated us to several courses each day. And Kurtu's methodical massage work was a craft of excellent communication, intuition and strength.

There is no energy, no healing like entering into an experience where everyone wants the best for you. I returned deeply rested, radiant, strong and grateful. Everyone deserves to feel this filled up.

ERIN, RETREAT GUEST 2022



INCLUSIONS & CONSIDERATIONS

- ~ 5 nights villa accommodation
- ~ 2 main meals (light breakfast also available) prepared by our in house private chef, imbuing passion and love into all they create. Water, tea, coffee served throughout the day.
- ~ 2 x Massoga® Massage Yoga practices, a restorative yin yoga combined with massage for the most relaxed you will ever feel
- ~ 2 Slow Yoga classes, a Hatha practice to challenge the body gently with movement. Strength and conditioning offered with modifications, and no yoga experience necessary.
- ~ 2 x Breathwork and Cold Plunge workshops
- ~ 4 Mindful Meditation, a seated practice to encourage clarity, awareness and presence
- ~ 2 Specialised self discovery workshops
- ~ Return Ferry Tickets to Magnetic Island
- ~ Free transfers from the nearby ferry station in Nelly Bay
- ~ Wifi connection
- ~ Pre and post retreat support from our team



INCLUSIONS & CONSIDERATIONS

- Your retreat package does not include the following;
- International or domestic Flights to/within Australia
 - Travel Insurance. It is highly recommended you take out travel insurance
 - Any medical expenses that occur on, before or after retreat
 - Alcoholic beverages are not supplied on retreat
 - Additional private treatments including; massage, facial, yoga, acupuncture, other body work



TERMS & CONDITIONS

- ~ Payments for retreat are non-refundable and are fully transferable to future dates within 24 months of your original retreat date.
- ~ A deposit of \$500 is required to confirm your booking and determine your choice of accommodation.
- ~ Your package must be paid in full with 8 weeks of your retreat date.
- ~ In the event of contracting Covid-19 within 7 days of your retreat date, your funds are transferable to a future retreat.
- ~ Massoga® Pty. Ltd. will endeavour to maintain the retreat package as advertised. If events outside of the organisers' control should arise, they retain the right to room, date, location, and or schedule changes with limited notice.

M A S S O G G A[®]
R E T R E A T S

WE CAN'T WAIT TO MEET YOU!

2024



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