

Deep Rest

2024

MAGNETIC ISLAND, QLD



Acknowledgement of Country

I acknowledge the traditional owners of the land Yunbenun, the Wulgurukaba people, the 'canoe people'. I honour their elders, past, present and future, and pay respects to the land upon which they have nurtured and cared for tens of thousands of years.

I am deeply grateful to have the opportunity to celebrate and honour Country as we practice stillness, gratitude and compassion on retreat through the experience of Nature.



The Experience

A DEEPLY NURTURING & NOURISHING
RETREAT EXPERIENCE



THIS IS YOUR TIME

*It is important to acknowledge that
this retreat is for you.*

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, Always

Retreat Time is an incredible opportunity for you to connect with the deepest parts of yourself, and align in a way that feels fulfilling for your life post retreat. On retreat you will give ourselves permission to take space and time out from the regular hubbub of life. The phone calls and emails, the attention on kids and partners, life admin, cooking, cleaning, the list goes on. You will truly nourish yourself over a long weekend just for you. This is essential to thrive, not just survive in life.

Inclusions

EVERY MASSOGI WILL ENJOY

Your retreat includes;

Luxury Accommodation

Return Ferry Tickets to Magnetic Island

2 Meals a day to promote a timed eating lifestyle encouraging the body into cellular repair. Each meal is prepared by our in house private chef. There will be healthy snacks available through the day if you require. All catering is vegetarian and vegan.

4 x Massoga® Massage Yoga Immersions

5 x Slow Yoga, Breathwork and Meditation Classes

Self Enquiry Workshops

Sunrise nature walks/hikes (on rising to get your body moving, ahead of meditation)



Your Team

WE ARE HERE FOR YOU



FACILITATOR + FOUNDER

Wallis Murphy-Munn

Retreat time is the ultimate experience to rest and unwind, time that we rarely give ourselves in any given week or month. For me, retreating is about switching off - I get out into nature as often as possible, I replace my device with a good novel, and I prioritise sleep. I encourage you to set an intention for self care (let it feel totally selfish!), an intention for your fellow retreaters, and an intention for how you will step back into your life post retreat.

I began teaching 10 years ago and it has changed every facet of my life. I deeply respect the practises of yoga and meditation and believe them vital to thriving in life.

CHEF

Sophia Dunn

Wildly enthusiastic about creative cooking, I have always had a penchant for vegetarian and vegan recipes and experimenting with flavors from around the globe. Cooking for friends and family is a passion.

I have lived all over the world, engaging in food creations from European, Middle East, Asia and Australia. Food is my love language.



Your Team
WE ARE HERE FOR YOU

KA HUNA MASSAGE

Corrie Skuse

Corrie uses her hands, forearms and elbows while moving around the table using flowing Hula and Tai Chi style movements, working with energy to apply soft and deep tissue massage. Also known as Hawaiian Temple Style massage and Lomi Lomi. Highly recommended.

REMEDIAL MASSAGE +ACUPUNCTURE

Rebekah Barkle

Booked out weeks in advance in Townsville, Bek is a highly skilled therapist. Acupuncture is used in conjunction with massage during Bek's treatments. It is very calming to the nervous system and is therefore a great tool in the management of chronic injuries and pain. Acupuncture can excite a sluggish system or calm an over active sensitive one making it a great adjunctive treatment for those suffering Depression, Anxiety and Irritable Bowel Syndrome.

MASSAGE + PHYSIO

Kertu Kaminskas

Guests who have experienced a massage from Kertu have commented on her innate capacity to know what they need. Her combination of training as a Physical Therapist, Yoga Teacher and Life Coach gives her a unique set of skills.



This retreat allows you to design your experience with space each day to explore the island, time for yoga and meditation, private massages and time to connect with nature.

Massoga® massage yoga immersions and other transformative activities featuring on the schedule, include energising morning walks, hikes, daily meditation and slow flow yoga.

Massoga® Retreats provide your body, mind and soul with ultimate restoration. The Massoga® practice transports you 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.

Take your retreat on "me time": There are many incredible places to explore on the National Parkland of Magnetic Island, we encourage you to spend as much time in nature as you can while on retreat.

The Program

A RETREAT THAT CULTIVATES
FLEXIBILITY IN YOUR BODY AND
IN YOUR SCHEDULE



The 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, MASSOGA® AND SLOW YOGA CLASSES WILL TAKE PLACE AT TRANQUILITY BASE, A 3-4 MINUTE WALK FROM OTHER ACCOMMODATION.

IF YOU BOOK PRIVATE MESSAGES THEY WILL BE SCHEUDLED IN THE FREE TIME AROUND ACTIVITIES. THESE WILL ALSO BE AT TRANQUILITY BASE.

Day 1 - Monday

11am-1pm Arrive, Welcome drink, light lunch available.

2pm Welcome to Retreat, meet and greet, followed by Slow Yoga, Breathwork + Meditation
530pm Sunset Drinks + Dinner

Day 2 - Tuesday

8am Slow Yoga, Breathwork + Meditation
1030am Brunch
Free Time to explore and rest
230pm Workshop
330pm Massoga® Massage Yoga
530pm Dinner

Day 3 - Wednesday

730am Walk/Hike, Meditation + Breathwork
9am Massoga® Massage Yoga
1030am Brunch
Free Time to explore and rest
330pm Workshop
430pm Slow Yoga
530pm Dinner

Day 4 - Thursday

8am Slow Yoga, Breathwork + Meditation
1030am Brunch
Free Time to explore and rest
230pm Workshop
330pm Massoga® Massage Yoga
530pm Dinner

Day 5 - Friday

730am Walk/Hike, Meditation + Breathwork
9am Massoga® Massage Yoga
1030am Brunch
Free Time to explore and rest
330pm Workshop
430pm Slow Yoga
530pm Dinner

Day 6 - Saturday

8am Slow Yoga, Breathwork + Meditation
1030am Brunch
12pm Departure

Retreat Catering

VEGETARIAN WITH FISH OPTION

EXAMPLE MENU

Brunch

Peruvian Ceviche
Tortilla & Guacamole with Popped Black Beans
Mexican Roasted Cauliflower with Tahini & Lemon Dip
Buckwheat Pancakes with Maple Syrup and Tropical Fruits

Snacks

Seasonal Fruit Platter with Coconut Yoghurt
Raw Sickers Bar

Dinner

Pumpkin & Green Bean Coconut Curry
Organic Beetroot Savoury Sorbet with Paprika & Pine Nuts, Drizzled with Flax Seed oil
Green Salad with Wild Rocket, Cucumber, Radish, Mint & Goat Cheese
Basmati Rice

Dessert

Raw Mango Slice



Signature Practice

MASSAGE + YOGA COMBINED

MASSOGA®

Stretch + Massage

This restorative practice is designed to allow you to completely relax into each posture under our nurturing touch. The team of Massoga® therapists is there to support you into pose's and then add a layer of massage into the tighter restricted places in the body, encouraging sweet release.

The Massoga® facilitator will encourage you to stay present through mindfulness and breath techniques, allowing the muscle of the brain to rest deeply, alongside the body.

Your body is supported by yoga equipment in every pose facilitating a deep stretch without compromising your joints.

These sessions run for 1.5-2 hours on retreat and most people experience a growing feeling of flexibility, openness, ease and contentment.



Activities

SPECIAL OPPORTUNITIES FOR
DEEP REST



SLOW YOGA

Move the Body

Movement is a fundamental aspect of life. Movement is more than just 'exercise' and does not necessarily require effort, though it does require action. Movement affects everything, from circulation to digestion to metabolism to immunity. With movement, our bodies regulate hormone activity, detoxify and respire.

BREATHWORK

Nourish with Breath

The science behind breathwork is unquestionable. The benefits include a reduction in stress, enhanced mental clarity, regulated emotions, and it can promote relaxation, making it a valuable tool for managing both physical and mental well-being. Breathwork may also improve sleep, support pain management, aid in athletic performance, increase self-awareness, and facilitate spiritual exploration.

MEDITATE

Unwind the Mind

It is a misnomer that meditation stops thoughts. Your brain's job is to think thoughts, this is not a process you can control. However you can slow the pace of thinking, and deepen awareness around the thinking process. With practice you can enter a mode of greater freedom, patience, joy, and emotional balance.

Optional Extra's

ENRICH YOUR RETREAT EXPERIENCE

BOOK PRIVATE EXPERIENCES

Private Massage

You are welcome to book a private massage with our skilled therapists. There is an additional cost for this service of \$130. Please book here; <https://www.messageyoga.com.au/product-page/on-retreat-massage>

Kayaking, Sailing & Jet Skiing

Magnetic Island offer an array of water activities. Its a fabulous way to explore the island. Wallis can make any arrangements for you, just let her know.

Private Yoga or Massoga®

If you would like to focus on something specific in your practice talk to Wallis about some private lessons. There is an additional cost for this service of \$95. Please book here; <https://www.messageyoga.com.au/product-page/retreat-private-slow-yoga>



Jaelyn says about her retreat experience...

Absolute heaven and bliss at the Magnetic Massoga® retreat. The stunning Maggi Island hikes, gorgeous accommodation, nourishing food, beautiful yogis and of course the yoga with massage and meditation had me floating with gratitude. Thank you Wallis and team. This is a truly unique retreat.



Prior to Retreat

THINGS TO THINK ABOUT AS YOUR
RETREAT TIME APPROACHES

HOW TO PREPARE

Tune In

In the days leading up to retreat the best thing you can do for yourself is become aware of how you are moving through each day. The quality of your sleep, the foods and beverages you are consuming, how you are spending your energy and what you are paying attention to. You might even want to take note of what you notice, writing it down in a journal.

Listen

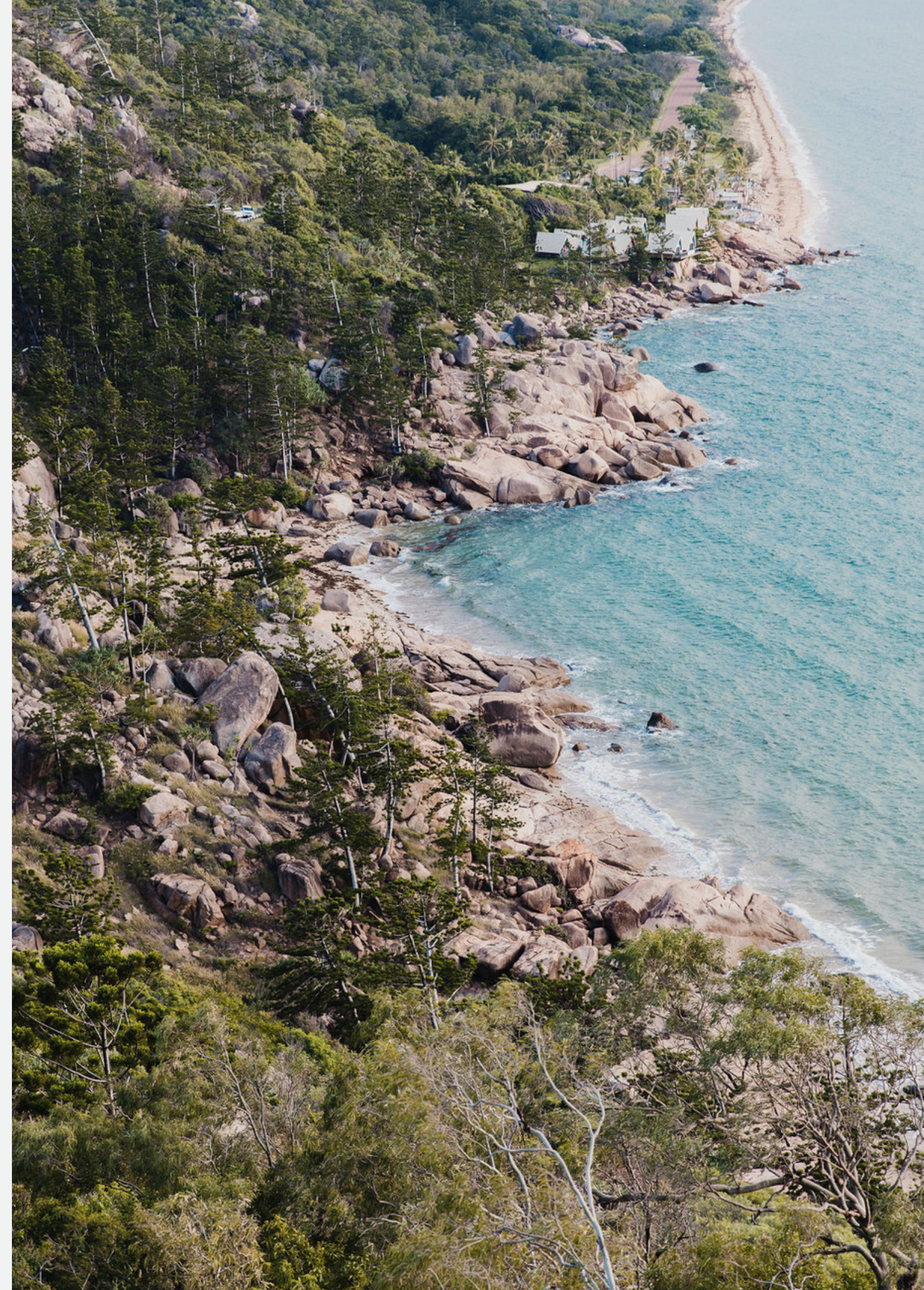
If you are on Spotify search the playlist Massoga® Massage Yoga. With over 24 hours of music you can begin to unwind pre retreat as you listen to some of the magical tunes.

Limit

You can prepare your body physically by limiting the amount of alcohol, coffee* and meat you consume in the week leading up to retreat.

There will be coffee on retreat but we encourage you to have one cup only in the morning.

I also suggest you limit the amount of TV/Netflix/news you imbibe pre retreat, and cut it out completely on retreat.



What to pack

A DEEPLY NURTURING & NOURISHING
RETREAT EXPERIENCE



CLOTHING

Pack cool fabrics like linen and cotton. You'll need yoga clothes (does not have to be lycra or leggings), clothing to walk/hike in, and casual clothing to relax in.

Here's some items we suggest;

- 4-6 sets of yoga clothes for flow and yin
- Shorts & t-shirts
- Floaty dresses
- Lightweight loose pants
- Lazy comfy clothes
- Lightweight jumper
- Pjs
- Lightweight Raincoat
- Torch (if not wanting to rely on your phone as a light)

ACTIVITIES

- Make sure you pack your bathers!
- Your yoga mat if you want your own magic carpet, but we do have mats for everyone.
- Sneakers or walking shoes
- Suncream, a hat and sunglasses
- Snorkel (if you have one)
- Water bottle
- Journal or notebook if you have one, or we will provide one for you.

Health & Safety

YOUR HEALTH AND WELLBEING IS
OUR TOP PRIORITY

COVID CONSIDERATIONS

We have multiple steps in place to ensure you are comfortable

All yoga practises are run outdoors on the deck.

In Massoga® massage yoga we use hospital grade sanitiser regularly, and each guest has their own personal towels for massage during the Massoga® session.

Therapists will also use masks intermittently through the Massoga® sessions when necessary.

Guest Health Form

All guests will receive a link to the health guest form via email. Please ensure this is completed prior to joining the retreat.

Your Wellbeing

If at any point on retreat you feel uncomfortable or unsafe please communicate this to any of the Massoga® Team you feel most comfortable with.



Getting there

MAGNETIC ISLAND IS ONLY A HOP,
SKIP AND A JUMP AWAY



TRAVEL

Take time to reflect on your journey to & from retreat

Once you land in Townsville, take a taxi or bus to the ferry terminal;

Sealink
Breakwater Terminal
Sir Leslie Thiess Drive
Townsville, Queensland 4810

Collect your pre-paid ticket from the Information Desk in the Terminal and jump on the next Ferry! We will pick you up from on Maggi Island.

Please text Wallis 0405802269 confirming you are on the ferry, and we will meet at 3pm at the Best of Magnetic offices, directly across from the ferry terminal.

If you're arriving later in the day, just let Wallis know so she can organise transport to the retreat accommodation.



Erin says about her retreat experience...

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.



massoga



*We look forward to
welcoming you on
retreat.*

2024

DEEP REST ON MAGNETIC ISLAND
MASSOGA® RETREATS
WHERE BODY AND MIND GO TO UNWIND