

PRICE GUIDE

DEEP REST VICTORIA

10 - 13
FEBRUARY
2022



RETREAT WITH MASSOGA®

4 DAYS FOR YOU

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 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® and 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 menu will be provided on retreat for optional extras.

WINDMILL



A private cottage an abundance of natural light enhancing the polished recycled timbers 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



- 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 Weber BBQ

KING ROOM



WINDMILL

- Exclusive + Private
- King Bed
- 1 Bathroom
- \$1990 for one
- \$1430 each for two sharing

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.

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. Downstairs are comfortable living and dining areas 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

- 2 king bedrooms
- 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
- 1 bathroom plus extra toilet
- LCD TV, DVD & CD Players
- Wood fire heater
- Wall heater
- Private outdoors pavilion with BBQ



KING ROOM 1

ACQUILA

- King Bed
- Shared bathroom
- \$1510 for one
- \$1330 each for two sharing



KING ROOM 2

ACQUILA

- King Bed
- Shared bathroom
- \$1510 for one
- \$1330 each for two sharing



BUNK ROOM

ACQUILA

- 2 bunks ideal for two friends sharing or 2 single people
- Shared bathroom
- \$950 per person all inclusive



GUEST COMMENTS



"I came away feeling relaxed and rejuvenated, and have already paid my deposit for May 2022!"

~ Lucy, Queensland



Morning meditation, daily yin classes & afternoon sessions of massoga which combines long holds in restorative poses with the addition of gentle massage to assist the body deepen into the pose. Simply blissful.

~ Claire, Victoria



BLACKWOOD

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

- 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 ROOM



BLACKWOOD

- Exclusive + Private
- King Bed
- 1 Bathroom
- \$1990 for one
- \$1430 each for two sharing

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.



SOPHIA DAVEY ~ CHEF

Sophia from Bloom Kitchen is dedicated to preparing the most nutritious and delicious cuisine that is easily digestible giving your body time to rest on retreat.



BLUEGUM

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

- 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



KING ROOM

BLUEGUM

- King Bed
- Shared bathroom
- \$1510 for one
- \$1330 each for two sharing



TWIN SHARE

BLUEGUM

- Twin Bed
- Shared bathroom
- \$1250



BUNK SHARE

BLUEGUM

- Bunk Bed
- Shared bathroom
- \$950



LOCATION

PENNYROYAL, VIC

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.

LODGE

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 3 in private accommodation or 6 sharing.



LODGE

- 3 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



KING ROOM 1

LODGE

- King Bed
- En-suit bathroom
- \$1790 for one
- \$1430 each for two sharing



KING ROOM 2

LODGE

- King Bed
- Shared bathroom
- \$1510 for one
- \$1330 each for two sharing



KING ROOM 3

LODGE

- King Bed
- Shared bathroom
- \$1510 for one
- \$1330 each for two sharing



**YOUR
FUTURE
SELF WILL
THANK YOU**

