

8 Day Ascension Yoga Retreat

[Upcoming retreat dates - click here](#)



COST

Our 8 day Retreat is by donation (includes all classes, meals and 7 nights in single or twin share room with shared bathroom, other accommodation options such as group dorm on camp mattresses, camping and bringing a caravan are subject to availability and retreat type)

We try and uphold the true spiritual path of yoga by operating purely by donation to be as authentic as possible to the spiritual teachings of yoga. See [here](#) for recommended [donation](#) based on your accommodation type, income and assets.

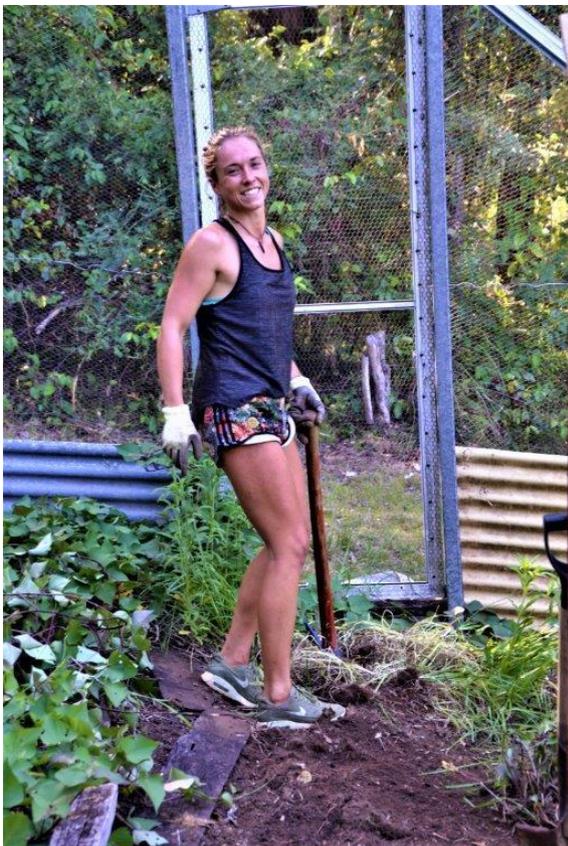
Earlybird*

*Earlybird – offer only available for bookings made more than 8 weeks prior to course commencement.

Our 8 Day Ascension Retreat is a wonderful opportunity to relax into a full week at our tranquil small intimate retreat centre in the Hinterland from Coffs Harbour in Northern NSW. In general the Ascension retreat has a maximum of 6 guests here, mostly we prefer just four. This is an intimate retreat where you work one to one with the yoga teacher and get a taste of ashram life. Some retreats may have more people but very rarely would there be over 15 for a larger event and you will be informed of such.



You will reap maximum benefits from participating in the complete week of retreat sessions and in a whole week of yoga, nourishing food and immersion in nature. All our retreat programs offer up to three yoga or meditation classes each day but you can also choose to swim in the dam, walk in the bush or relax and unwind. With the 8 Day Retreat you will have time to focus on your holistic wellness program.



You can also benefit from adding treatments not included in the retreat. You can select from the various options of different styles of massage treatments and spiritual healing therapy. These massages or personal healing are scheduled in the afternoons when you have free time. These treatments are not always available on a retreat and depend on staffing.

The 8 Day stay will give you time to add on additional activities such as kayaking, otherwise you must remain on site where you can enjoy the dam and bush walking grounds. The retreat centre has an organic vegetable garden and orchard where much of the produce for the delicious meals is grown and 100 hectares of bush walks. The fresh, seasonal meals are all plant based (always with vegan and gluten-free options). As part of the 8 Day Wellness Retreat, you get to learn some gardening skills and pick some of the ingredients, and assist in the cooking

or preparation process.

The 8 Day Retreat offers an opportunity to really relax into the pace of the program, the vibe of Nymboida and to reconnect to your highest intentions.



Ascension Retreat Program

This 8 Day Retreat is designed to offer a comprehensive health immersion to ascend and transform your body and balance your mind and emotions using the classical system of Patanjali following his 8 fold limbs to enlightenment.

The daily program starts with either an early morning flow yoga class suitable for all levels. Then a delicious vegan breakfast of fruits, muesli, yogurt and herbal teas. You then help out with doing some cleaning. Have a morning tea and help out in the garden or if you have other skills. This allows you to contribute and connect to nature and the running of the ashram and help make this place happen.



A large lunch follows which you help prepare and learn about vegan food.

The structure of the program is designed with morning and evening sessions after the meals so that you are not too full when you take the yoga classes.

Then we give you the afternoon free for personal treatments plus free time to relax, sunbake, bushwalk or swim and kayak in the dam. The pool is a 35 metre mineral bentonite constructed dam so it can help sooth any aching muscles! The workshop sessions cover nutrition and wellness plus an introduction to yogic philosophy and how to apply this wisdom to your daily life.

Later in the afternoon we offer either a restorative or Yin Yoga class to facilitate deep relaxation and to restore balance, or yoga philosophy in Ascension Yoga. Or a guided meditative bush walk. Followed by a light dinner snack. Eating in the evening is discouraged in yoga as disturbing meditation.

The 8 Day Retreat program allows you to understand and take the vows of hatha yoga, learn the asanas and pranayama, then begin to withdraw the senses and develop concentration to let go and experience thought free meditation in peace – where subject and object dissolve. Several meditation techniques will be taught to fully relax and recharge your body, so connecting you to your Higher Self and true path to liberation from material entanglement. This helps free you from the bondage of possessions and always wanting more to satisfy the consumer societal conditioning. This allows you to let go of that which no longer serves you, set intentions for spiritual ascension and so take home the tools to make it a regular practice that scaffolds you to true resilience in a consumer world. To understand materialism, transcend it and enrichen your life to greater spiritual and material wealth.



The Yoga

The yoga taught at Nymboida Yoga Retreat Centre is called Patanjali, meaning based on the original teachings of the guru integrated into Hatha and Tantra. We offer a holistic approach to yoga integrating not just the physical postures but also meditation, pranayama and philosophy.

Our retreats are suitable for yogis of all levels of experience, beginners are welcome. For registered yoga teachers, this retreat may be able to be used as CPD hours for your Yoga Alliance and Yoga Australia annual membership.



Includes:

- 7 nights single, twin shared, dorm, camping or bring your caravan or van accommodation (single rooms subject to availability)
- All meals: nutritionally-balanced, delicious, vegetarian menu (allergies and preferences catered to)
- Unlimited herbal teas and fruit
- Use of onsite kayaks
- Use of 35 metre oval shaped mineral bentonite swimming pool dam (currently being rebuilt)
- Three daily yoga or meditation or philosophy classes (Flow / Classic Hatha / Restorative or Yin)
- Meditation and pranayama sessions
- Workshops on wellness, health and nutrition
- Cooking preparation, demonstration and learning about and helping in the organic garden
- Evening program such as yogic philosophy and guided meditation

Excludes:

- Additional activities and treatments (see below for options)
- Travel and airport transfers

Nymboida Yoga Health Retreat accommodation and food

[For information on the accommodation and food plus to find out more about Nymboida NSW](#)

[For information on how to get here – email us at info@yogaretreat.net.au](mailto:info@yogaretreat.net.au)

Retreat Schedule

The schedule has some flexibility, all sessions must be attended, it is designed to maximise your retreat experience whilst allowing some free time to enjoy being in the nature bush of Nymboida.

Every day the retreat moves up a limb in Patanjali's sutras, there being 8 limbs to reach Samadhi. So first day we start with Yamas, then Niyamas, and so on as a focus for that day. Particularly in the yoga philosophy classes.

There are options for extra off-site activities, and you could also choose additional treatments when you purchase your retreat (all these are subject to availability, minimum numbers and additional costs).

Sample retreat schedule:

Arrival Day:

8:00am - 2.45pm - Arrive anytime and settle into your accommodation

12:30pm - Lunch (optional)

3:00pm - Welcome Circle and Meditation

4:30pm - Restorative / Yin Yoga Class

6:00pm - Dinner

7:00pm - Guided Meditation / Yoga Nidra

Full Days:

5:45am - Morning Flow Yoga

8:00am - Breakfast

9:00am – Help out cleaning

10:00am - Morning Break

10:30am – Help out gardening or other projects

12:00pm – Prepare lunch – learn about vegan foods

12:30pm - Lunch

1:30pm - Relax / Treatment session / Bush walks / Adventure activities

4:30pm - Restorative / Yin Yoga Class / Yoga philosophy / Guided meditation bush walk / Zen art class

6:00pm – Light Dinner / Fruits

7:00pm - - Guided Meditation / Philosophy /

Final Day:

5:45am - Morning flow yoga / bush walk meditation cliff view dawn

8:00am - Breakfast

9:00am – Cleaning help out

10:00am - Morning Break

10:30am – Ascension Yoga in your life

12:00pm – Lunch preparation

12:30pm - Lunch

1:30pm – Home practices for Ascension Yoga

2:30pm - Closing Circle feedback

3:00pm - Departure

* Daily program may vary slightly

I feel inspired and re-focussed after spending time at the incredible Nymboida Yoga Centre. I have learnt so much. I feel completely relaxed and rejuvenated. Coming was the right decision for me and I hope many others yet to experience this too. Thomas



Program options and off-site additions

For returning guests who are looking for a varied experience, or for those wishing to combine the retreat with more adventurous activity or to explore the local area – we have several program options and activity partners (subject to availability, minimum numbers and additional costs). You can also choose to book extra options when you purchase your retreat. See below for more details.

Activity	Availability	Minimum number	Additional cost	Booking process
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Bush walk NP	Could be 9am or after lunch for approx 4 hours, tide and weather dependent	Minimum number 3	From \$70 per person	Book with your retreat (refunded if cancelled due to weather)
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Kayaking	Could be 9.30am or 2pm for approx 4 hours, weather dependent	Minimum number 3	From \$70 per person	Book with your retreat (refunded if cancelled due to weather)
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Deposit

To secure your place we require a \$625 deposit per person. We conveniently offer internet banking and credit card facilities for online registrations via our secure payment gateway.

[Click here to view retreat dates and register your place](#)

Please note, bookings close at 2pm on the Friday prior to the start date

Healthcare Form

You must fill out the healthcare form first before your booking will be accepted.

[Click here to view retreat dates and register your place](#)

It is important you do this promptly on registering and answer truthfully all questions.

Covid

Please do a RAT test day before arrival. And inform us of the results by sending us a photo of the result. If you test positive your booking fee will be refunded. You can do a test here for \$50 if you cannot access a RAT. We'd prefer you to not do this here. Some guests may be immune compromised.