

YOGAVEDA ALDINGA

ALDINGA BEACH, SOUTH AUSTRALIA

NOV- 8TH

NOV 10TH 2024

Luxury Beachside Accommodation

Daily Yoga & Meditation

Ayurvedic Cooking Workshop

Sound Bath Healings

Indigenous Art Therapy Workshop

Basket Weaving Workshop

Guest Chef Dinning Experience

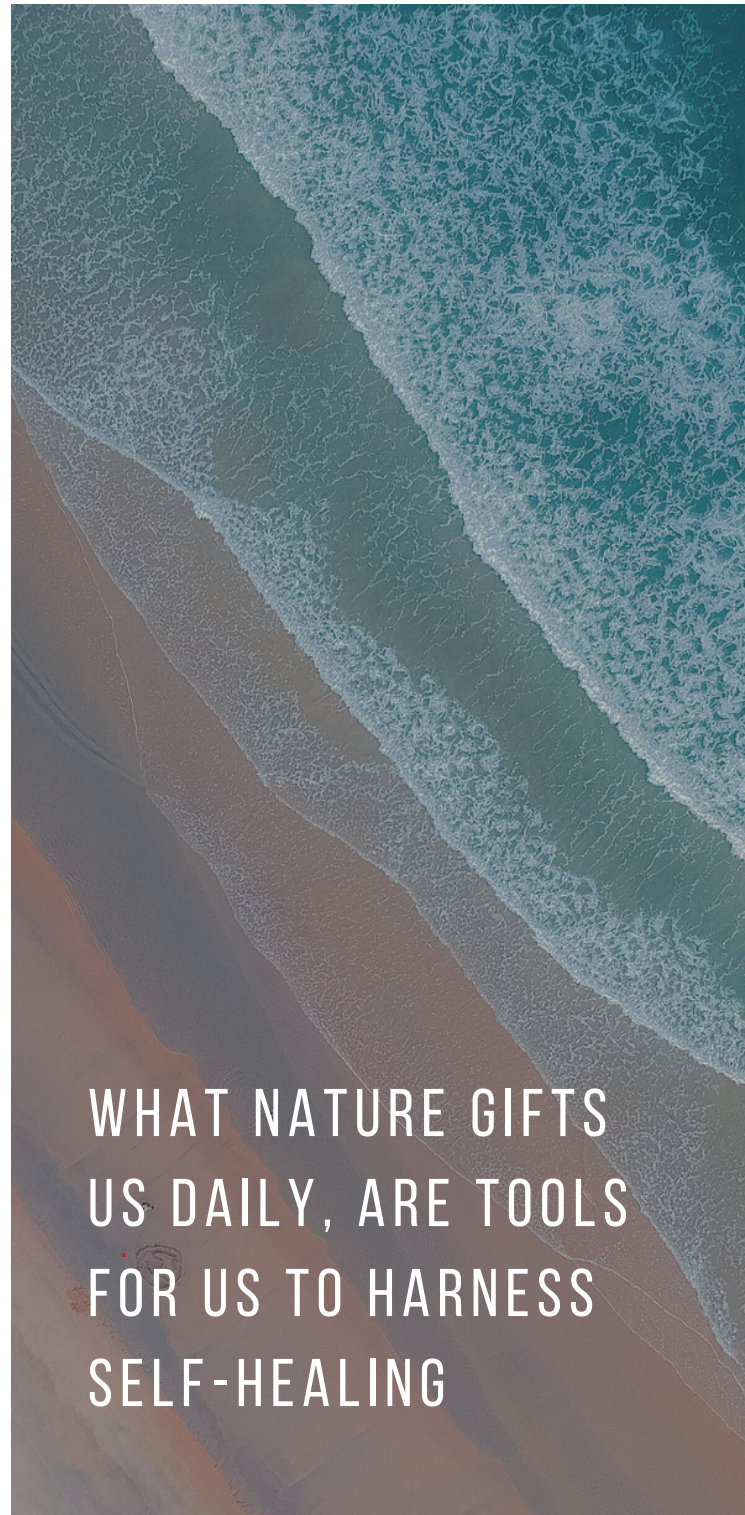
Live Music Performance

Ayurvedic Wellness
Retreat



ETHOS

Yogaveda Retreats draw on the healing power of nature. We are inspired by the five elements - air, space, fire, earth & water. We create experiences that are foundations which empower self-healing.



WHAT NATURE GIFTS
US DAILY, ARE TOOLS
FOR US TO HARNESS
SELF-HEALING

ABOUT US

ORIGINS

Yogaveda Retreats by Port Elliot Wellness was founded in November 2022. Held bi-yearly in Aldinga Beach, South Australia, our retreats are carefully curated to deliver memorable experiences.

Yoga, meditation and art therapists collaborate across the multi-day programs. to inspire your journey of abundance.

CURATOR, LYDIA REGA

Lydia is an experienced and passionate Ayurvedic Practitioner, Educator and Yoga Therapist. She draws on her past health challenges to inspire changes in thinking. A deeply intuitive healer, Lydia energizes and uplifts people in her care to fill their lives with gratitude. She focuses on how important our connection to nature is, harnessing the power of self-awareness to heal and rejuvenate.

CURATOR, JUDE ALEXANDER

Jude co-creates impactful Yogaveda experiences, drawing on his background as a Radio Presenter and DJ. Inspired by his creativity and connection to nature, Jude designs bespoke soundscapes for our retreats. He also faced health challenges and has improved his own wellbeing through Ayurvedic principles. As a qualified Canine Physiotherapist, Jude improves the lives of all living beings.

PROGRAM

DAY 1

Check in Shibumi Beach house- 8am

Acknowledgment to Country

Sound Bath Healing & Meditation

Grazing Plant based Lunch

Guest Massages, Traditional Indian
Sauna & Hydrotherapy Spa

Ayurvedic Cooking Workshop &
Long Table Dinner

DAY 2

Morning Yoga & Meditation Class

Seasonal Breakfast Served

Beach Walk & Guided Meditation

Grazing Plant based Lunch

Indigenous Art Therapy Workshop

Guest Chef Long Table Dinner
& Live music performance

DAY 3

Morning Yoga & Meditation Class

Ayurvedic Breakfast Served

Sound Bath Healing

Grazing Plant based Lunch

Indigenous Basket Weaving Workshop

Farewell (3pm)



Aldinga Beach



LUXURY ACCOMODATION

Shibumi Beach house is located on the Esplanade on Aldinga Beach

4 guest bedrooms & 3 bathrooms
Queen rooms & Single Share rooms

Indoor & outdoor living areas,
Hydrotherapy Spa & Shanti Steam
Box Saunas

Guest bath robes, towels & beach
towels & yoga mats provided

WHEN YOU LOSE
YOURSELF IN
NATURE & BREATH
YOU TRULY FIND
YOURSELF

PRICING

PER PERSON

Early BIRD Special
*\$1629pp

Full price- *\$1799

*Includes all meals, massages
accommodation, workshops

*Excludes flights

TO BOOK

We require 30% deposit paid in
full to secure you place.

The remaining amount is to be
paid by August 1st 2024.

Booking conditions available at
our website

Visit our Retreat Page at
www.portelliotwellness.com