



YOGAVEDA EXMOUTH

EXMOUTH, WESTERN AUSTRALIA

**MAY 18TH- MAY
24TH 2025**

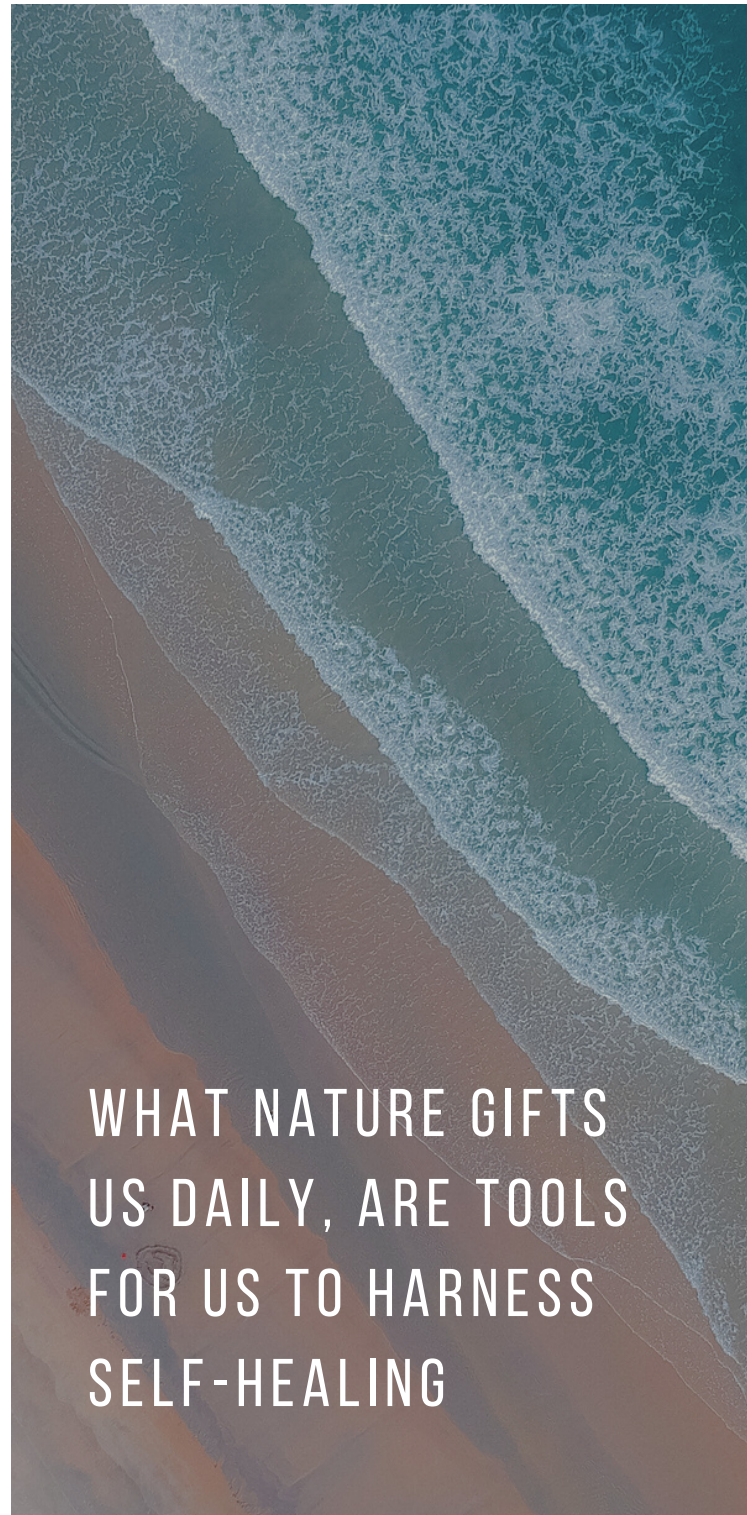
Luxury Accommodation
Daily Yoga & Meditation
Sound Bath Healing
Wellness Workshops
Swimming with Whale Sharks
Snorkel Ningaloo Reef
Nature Walking Tours
Gourmet Dining Experiences

Wellness Nature 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

Chartered pick up from
Learmouth Airport, Exmouth

Beach & town walkabout

Check in to Luxury Beach house

Acknowledgment to Country

Ayurvedic Cooking Workshop &
Long table dinner

DAY 2

Morning Yoga & Meditation Class

Ayurvedic Breakfast Served

Swimming with Whale Sharks
Group boat tour which includes
snorkeling across 2 locations

Prepared Plant based grazing
dinner. pool side

EXMOUTH

Situated at the northern gateway to the Ningaloo Coast World Heritage Area, Exmouth is the perfect base to explore the grandiose landscapes of the Cape Range National Park and the underwater wonders of the Ningaloo Marine Park.

Visitors come from around the world to swim with the awe-inspiring gentle giants of the sea - the whale sharks, manta rays.



NINGALOO REEF

DAY 3

Morning Yoga & Meditation Class
Ayurvedic Breakfast Served

Sound Bath Healing on private
deck, pool side

Guest Massages Continue

Grazing Lunch on deck

Cape Range National Park
walkabout guided tour

Gourmet dinner at Local Award
winning restaurant

DAY 4

Morning Yoga & Meditation Class
Ayurvedic Breakfast Served

Guest Massages Continue

Beachside Picnic Lunch before
Snorkeling Ningaloo Reef

Beach Sunset guided meditation

Prepared Plant based grazing
dinner

NINGALOO REEF

Is the largest fringing reef in Australia, sitting just a short drive from the township of Exmouth. It's a must-see destination to connect with pure nature

Its home of one of the world's top ten shore dives, the Exmouth Navy Pier and is referred to as the "aquarium without glass." Here snorkelers will see more species of fish in one site than possibly in their entire life. There is true abundance of life.



DAY 5

Morning Yoga & Meditation Class

Ayurvedic Breakfast Served

Cape Range Walkabout Tour &
Reef Snorkeling

Beach Picnic Lunch

Empowering the Heart
Workshop- Yoga Philosophy

Sunset Chakra Mediation

DAY 6

Morning Yoga & Meditation Class

Ayurvedic Breakfast Served

Sound Bath Healing

Grazing Lunch on deck

Wildflower & Bach flower
remedies workshop

Group Cooking Dinner farewell

DAY 7

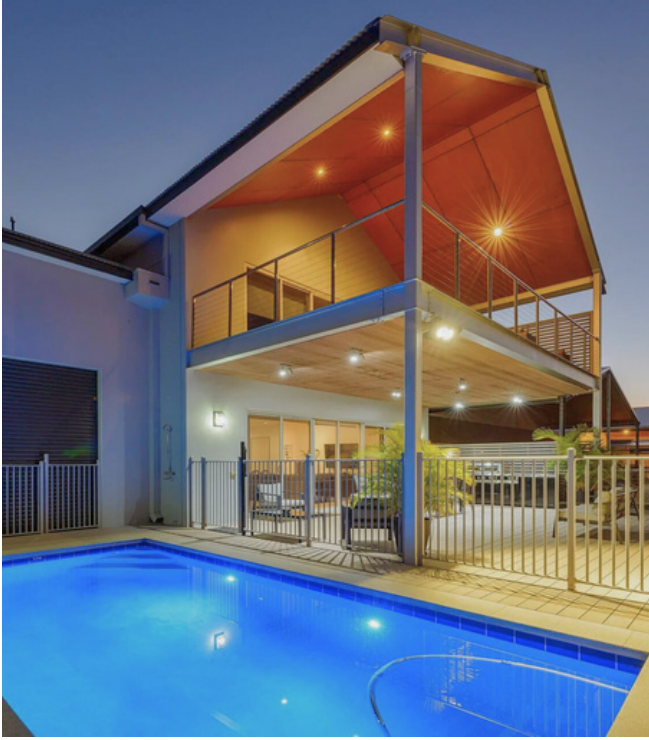
Morning Yoga & Meditation Class

Ayurvedic Breakfast Served

Farewell smoking ceremony

Airport drop offs





LUXURY ACCOMODATION

The Beach house is located 15 mins walk to Exmouth township & 10 min walk to town beach

5 guest bedrooms & 3 bathrooms
2 Queen rooms, 3 Single Share

2 Indoor livings areas, Outdoor deck area, pool & private jetty

Bicycles available

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

PRICING

PER PERSON

Early BIRD Special

*\$2949pp -

available till June 30th, 2024

Full price- *\$3199

*includes all meals,
accommodation, all
workshops & tours, pick up
and drop off to Airport

*Excludes flights

TO BOOK

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

The remaining amount is to
be paid by Dec 1st 2024

Booking conditions available
at our website

Visit our Retreat Page at
www.portelliotwellness.com