

DESERT DREAMING YOGA RETREAT

ULURU & KATA TJUTA APRIL 22 - 28 2017



DENBY SHEATHER
YOGA · HEALING · RETREATS



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A RETREAT EXPERIENCE LIKE NONE OTHER

Desert Dreaming returns to Uluru in 2017 to host their second yoga retreat in this outback oasis. We will share a week of remedial yoga, soul seeking meditations, shamanic and full moon ceremonies to connect with the ancestors of this ancient land and bask in the healing vibrations offered by master sound healer, Matt Omo, also known as The Gong Guru.

We will nourish our bellies with delicious cuisine, embalm our bodies with pampering massage and balance our bodies with daily mindfulness and musings. There will be plenty of time to pause and relax in your own company as well - by the pool, in your deluxe room or beneath the whispering gumtrees.

Our intention is to create a safe and sacred space for you so you can unwind in your own way, allowing for new awareness and awakening and helping to open your heart so you may receive the powerful energies this blood red landscape offers.





NESTLED IN LUXURY, IMMERSED IN NATURE

Imagine standing amongst tall black and golden grasses, breathing in the crisp morning air and watching the rising sun slowly reveal the sunkissed curvature of Uluru.

See yourself following the pathways our indigenous ancestors walked over 40,000 years ago. Feel their very real presence manifesting as spirit animals before your eyes, appearing and disappearing into the landscape as soon as you recognize them. Sit on land so ancient you can feel the sacred vibration of past ceremonies, healing and invocations moving through your base. Rise intuitively with the sun to open yourself to an explorative and healing yoga practice, reconnecting with your soul in new and exhilarating ways.

Watch the sun's last rays caress the largest rock in the world before settling down to gaze upon the night sky awash with sparkling stars and feel a renewed sense of awe and wonder. Pause to silently soak in the raw beauty or take off your shoes, dig your toes into the earthen ochre and connect with your own roots.

Uluru is known as the spiritual heart of Australia. It is deeply sacred and profoundly moving. Imagine aligning your soul's pulse with country, and finding yourself, in the middle of nowhere.

As much as you can imagine how it will affect you, it will actually open you in ways you cannot possibly fathom.





HEARTFELT HAPPENINGS

We have a beautiful heart centred week planned for you. The daily format includes exciting cultural adventures alongside therapeutic yoga, healing circles, musical sessions and meditation, all designed to align you with your heart, seasonal energies and the shifting vibrations of the land.

We begin our week together with a traditional Welcome to Country or Inma, performed by local Anangu dancers and storytellers. This is an amazing experience and one that is sure to leave an imprint on your soul. It is an honor to be greeted by the custodians of this beautiful land and the traditional dress and storytelling displays are sure to excite and inspire you.

When we're not up early doing yoga, we'll be up early heading towards an exquisite Uluru sunrise or bidding farewell to the day with a spectacular Kata Tjuta sunset. We'll also take the base walk around Uluru after sunrise yoga on location one morning then learn about bush tucker, indigenous lore and the Creation Story songlines plus other interesting tales from local elder Auntie Alison Hunt. We'll take a camel ride by sunset and enjoy drinks and canapes afterwards. We'll consciously walk the sacred Valley of the Winds at Kata Tjuta and commune with the spirit guides and power animals that call this place home. We'll enjoy fine dining under the stars surrounded by the elements and entertained by indigenous dancers and musicians.





ABOUT DENBY

With over 15 years of teaching experience exploring the relationship between the seasonal cycles, five element theory, esoteric modalities and body/mind spirituality, Denby has founded the innovative practice she calls 'Mana Yoga', a unique flow that reflects her own journey with yoga, energetic healing and motherhood.

Her shamanic work weaves an empowering layer, unbinding and aligning, inspiring and recalibrating bodies, hearts and minds through an intuitive sequencing of remedial and seasonal yoga postures, breath work, meditation and mantra. This fluid integration of individual adjustments and bodywork, ritual and healing techniques makes for an enlightening and potent experience. You will be moved in many ways and on many levels and often feel like you have just received a massage, counseling and yoga session all rolled into one!

Denby has led healing retreats in Bali, Hawaii and Tonga for the past decade. Yoga Spirit Journey's is her newest venture where she intends to respectfully share her knowledge, teachings and ever evolving spiritual awakenings in service to others as they develop and anchor their own innate powers in this most sacred of lands.





WITH GRATITUDE

A FEW WORDS FROM DENBY

Here at Uluru, Mothers' centre - the solar plexus chakra of the planet - we open our hearts and minds and tether our bodies to the powerful, ancient and transformative energies that infuse this vast landscape. We allow ourselves to hear the calling of the ancestors and receive messages that can help us on our journey through life.

Working on the self like this helps us become stronger conduits in service of All, and when that happens we begin remembering who we really are, why we are here and how precious our planet actually is.

Yoga Spirit Journeys is thrilled to be hosting their second yoga retreat at Voyages Ayers Rock Resort and so in alignment with our business and yogic intentions, we will make a generous donation to the local Mutitjulu Foundation that works passionately in support of the

local and surrounding indigenous communities. We are also honoured to be included as supporters of the annual Tjungu Festival and will be able to enjoy some of the final activities before it ends (the day after we arrive).

If spending a week in the wondrous Australian outback, sharing authentic and heart based adventures with other soul travelers, without sacrificing your creature comforts and knowing you are helping the local community - whose ancestors represent the oldest indigenous culture in the world - sounds like your thing, then please reserve your spot soon.

Come find yourself, in the middle of nowhere!

Blessings,

Denby Sheather, Founder, Yoga Spirit Journeys





OUR DESERT OASIS

WHAT STARTS OUT AS A HOLIDAY, ENDS UP BEING A SOUL ADVENTURE

Voyages Ayers Rock Resort is located on the edge of the Uluru - Kata Tjuta National Park, offering a variety of accommodation and spa services. Given its remote location, a sanctuary of hotels is possibly not what you expect to find in the outback. But that is exactly what you will find. An oasis of world class facilities and services, enveloped by some of the most breathtaking scenery this country has to offer.

Our hosts Sails in the Desert is one of Australia's finest hotels, offering us premium accommodation, international dining experiences and authentic cultural activities for our week in the outback.

The Red Ochre Spa is a blissful oasis combining beauty and bodywork. It has been designed with pampering and total indulgence in mind.

A sanctuary where guests exchange stressed or weary states for tranquility and peace. A treatment at the Spa is the perfect way to immerse in the timeless landscape of one of the world's most beautiful natural wonders, which is why we have included 1 x hour treatment in your retreat package. The Spa is open from 10am till 6pm daily and busy all year round so it is necessary to book early. You must book your treatment time yourself by March 22, 2017 if you are to receive your complimentary treatment during our week at Sails.

If you are arriving early, or staying on after the retreat ends, you may work your session in around that of course. Please see the schedule to work out a time to suit you that works into the daily itinerary.

The direct number for the Spa is (08) 8957 7036.





TESTIMONIALS

“Not only is Denby a knowledgeable and inspiring teacher she is a natural spiritual leader and healer. Her vast expertise of the anatomical body, philosophical and spiritual aspects of yoga has permanently shifted my perspective of the practice. Denby transfers this knowledge to her shamanic healing sessions invoking a power that is intangible. Denby acts as a conduit channelling healing energy on a multi-layer level. I didn't know what to expect at first but after I lay down she immediately tuned in to what needed to be healed in such a way that it brought about immediate benefit and relief. I have known and been treated by Denby for the past year now and have been blessed by her healing touch and the genuine warmth of her soul. I find it hard to put into words just what Denby does or how she does it, but after I asked the spirits for help they guided me to this special soul to whom I will be eternally grateful.”

Nikki
Fashion director

“Denby is an amazing and inspiring yoga instructor. Her depth of knowledge of anatomy and biomechanics of the body is unlike most. She understands the importance of correct posture and movement when on the mat that I very much appreciate. She has a hands-on approach where she may correct your form or give you a little “squeeze”, a massage, or release an area with a Reiki treatment which is extra special. She also takes her teaching to a whole other level with her inspiring and spiritual dialogue. I find I leave her classes feeling so much more open, renewed mentally and spiritually and ready to tackle the week ahead.”

Alison
Chiropractor / applied kinesiologist

“I knew I was in for an amazing experience when I booked into Denby's Desert Dreaming Retreat at Uluru. What I didn't know, was how amazing that experience would be. Sublime 5-star accommodation, gourmet food, soulful music, new experiences, new friendships and a spine-tingling, magical, spiritual oasis where Mother nature has truly excelled. My heartfelt gratitude and thanks to you Denby; your meticulous research, thoughtful planning, attention to detail and intuitive hands on healing techniques are phenomenal. I'm still pinching myself and I can't wait to join you on another of your amazing retreats soon!”

Cheryl
Optometrist technician

“I have known and been treated by Denby for the past year now and have been blessed by her healing touch and the genuine warmth of her soul”

YOUR INVESTMENT

7 NIGHTS / 8 DAYS	
SINGLE	\$5,460
TWIN	\$4,550

* All figures are based on retreat reaching minimum 20 participants.

*Figures could be subject to change.

These prices include: All yoga/meditation sessions, shamanic gift packs, group sound healings, ceremonial sessions, all transfers, all meals, all tours, non alcoholic drinks, all accommodation (twin/single) and your donation to Mutitjulu Foundation.

These prices do not include: Any airmiles, visa and passport fees, airport departure taxes, travel insurance, excess baggage charges, airport transfers not included in the itinerary, laundry, medical expenses, alcoholic drinks, personal gifts, optional tours and/or extra spa treatments or days/nights either side of the YSJ package, any expenses incurred as a result of delays due to inclement weather, delays of scheduled aircraft, logistical delays, and resultant changes to the itinerary, emergency evacuation charges or gratuities to guides.

*Sometimes our plans may change from day to day, dependent on weather or unforeseen indigenous rites, and we ask for your understanding and patience if those situations should arise. **TRAVEL INSURANCE IS COMPULSORY.**

DEPOSITS AND PAYMENTS

If you are travelling with one or more friends and want to ensure that you share a room with them (twin options), we encourage you to get them to book straight away as bookings will be on a 'first come, first served' basis. We have limited spaces so please book in early to ensure you get your room at our allocated hotel Sails in the Desert. A \$750 non-refundable deposit will secure your place. Once we have received your deposit, we will contact you directly to advise you of the payment installment due dates. At this point we need to know who you want to share with (if you are sharing with friends) and any special dietary requirements or allergies you may have. We will need a copy of your flight itinerary, insurance provider number and signed Yoga Spirit Journeys participant indemnity form. Once you have made each deposit please email the transaction number/s to denby@denbysheather.com.

PAYMENT DETAILS
Denby Jane Sheather BSB: 112 879 Account: 438 719 706

Scheduled payments: After we've received your deposit to secure your spot, the remaining balance must be paid in full or instalments. Please contact to arrange.

Cancellation Policy: We understand that life doesn't always go to plan, so in the unfortunate event of an unexpected personal crisis or work commitment forcing you to cancel your spot with us, you will receive a full refund (less your \$750 deposit.) However, any cancellation **MUST BE MADE BEFORE JANUARY 22ND 2017**, otherwise no refund can be issued.

FURTHER INFO

THE ITINERARY

Denby has developed a unique daily itinerary incorporating everything available to you from the silent sunset meditations, yoga classes and soundbath sessions and of course plenty of free time to relax, visit local festival activities and enjoy your complimentary spa treatment. Please feel free to request a full itinerary if you want more details.

WHAT TO BRING

Feeling unsure what to bring? We have it all sorted for you and have put together a comprehensive list of what to pack along with some useful housekeeping and local area tips.

THE CUISINE

If good food is as important to you as it is to us then please feel free to ask for details about the meals included in your package and any of the offerings around the resort. This information may also be useful if you have dietary or allergy concerns. Please make sure you specify these on your indemnity form so we can ensure your comfort prior to your arrival at the resort.

THE FACILITIES

Yes, you will be in the middle of nowhere. But you will always be in communicado and able to access necessary facilities such as ATM, bank, post office, medical services, tourist and convenience stores.

GETTING THERE

Qantas and Virgin are among the cheapest domestic fares on offer and fly to Uluru most days of the week. To aid with bookings we recommend our agent Catherine Baker at Press & James Travel Associates. She can help coordinate your flights and accommodation and liaise with Sails if you plan to arrive before our retreat, or stay on after for a few days. You may need a Visa to enter Australia if coming from overseas.

catherine_baker@travel-associates.com.au

Tel: (02) 9979 5235.

DINING

Be game - try some (sustainably grown) crocodile or kangaroo with your choice of sparkling Australian wine! All meals are freshly prepared and organically sourced where possible. Most restaurants can also cater for gluten and dairy free when requested. Make sure you specify on your indemnity form so we can prepare ahead.

ACCOMMODATION

Our deluxe accommodation options are single and twin, and you will not be disappointed. Each superior room offers exceptional facilities, air conditioning, mini bar (at your own expense) and full bathroom. In room free wireless internet is available at Sails and at several internet kiosks located around the Ayers Rock Resort.



SPECIAL GIFTS FROM OUR AUSSIE FRIENDS

WE WILL SEND YOU CODES WHEN YOU HAVE BOOKED YOUR 'DESERT DREAMING' PLACE

PUREHEART MYSTS & ELIXIRS

Australian made PureHEART mysts are unique vibrational potions fusing indigenous plant, herb and flower essences with sacred spring water, healing essential oils and plenty of love. Each myst has its' own soul signature and is created to initiate, support and expand deeper awakening, self discovery and collective consciousness. Your gift myst is 'Rainbow Bridge', a unique fusion helping to dissolve illusion and awaken the deeper senses of intuition, telepathy and personal sacred song. These mysts are designed to entwine your body/mind/ spirit with the heartbeat of Nature and align you with your primal inner nature.

www.pureheartmysts.com.au

HEALING INCENSES

We have included a bundle of Australian made sage and sandalwood incense blends that are traditionally used during our ceremonies to help clear and strengthen your energetic, mental and emotional bodies. These are non-allergenic products using organically sourced herbs and resins in eco friendly packaging.

LUSH MALA BEADS

All Lush Mala Beads are handmade with love on Queensland's Sunshine Coast and each carries a strong healing intention. Denby has designed a special 'desert dreaming' talisman for our work on retreat and beyond. They are beautiful and powerful pieces with the potential to channel ancient energies and information during our spiritual journey in the outback. Citrine, smoky quartz and clear quartz all resonate with the energy of Uluru and specifically the solar plexus.

www.lushmalabeads.com



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- KEEP IN TOUCH FOR INFO ON FUTURE YOGA SPIRIT JOURNEYS -