



Signature Service

27 – 31 August 2009
Cape Tribulation, Nth Queensland, Australia

The Beauty of Nature

Treat yourself by surrounding yourself with the natural beauty of Cape Tribulation. Breathe deep, relax and experience crystal clear fresh water swimming lagoons, native wildlife, lush tropical rainforest, meditation sessions, yoga practice and tasty wholesome food.

Stay the four nights or extend your stay. The Prema Shanti Yoga and Meditation Retreat Centre is unique to Australia, encompasses a purpose built yoga temple, accommodation, set on one hectare of pristine rainforest, surrounded by two world heritage listed eco-systems that exist side by side are the worlds oldest rainforest the Daintree Rainforest and the eighth natural wonder of the world the Great Barrier Reef. The yoga and meditation sessions are designed to ensure you enjoy all the natural beauty of these two world famous eco-systems as you experience the complete yoga holiday situated only two hours from Cairns.

It is here, that you can step away and enjoy unravelling the clutter within your mind and body. A location, that is truly to be experienced.

Spa Travel Inclusions:

- ❖ 4 Nights Accommodation in room of choice
- ❖ Daily wholesome vegetarian breakfast and dinner
- ❖ Daily meditation and yoga sessions
- ❖ All day Great Barrier Reef trip including transfers, boat journey, lunch and snorkelling equipment
- ❖ ½ Mountain Waterfall Trek including morning tea of traditional Aussie bush damper
- ❖ 2 Hour Spa Treatment
- ❖ Spa Travel documentation

Spa Treatment:

A skin brushing followed by an invigorating sugar and vanilla glow will remove excess skin from every square inch of your body (including heels), as well as stimulate the blood and lymph. A calming mud wrap draws toxins from the skin while we cleanse and mask the face. A flowing massage finish will leave you peaceful and centred to embrace the day.



Room Choice & Cost per person:

Boutique Room

Single
\$785.00

Twin / Double share
\$705.00

Extra Night
POA

Located within the Prema Shanti property these rooms offer queen or twin beds and shared bathroom facilities.



Deluxe Cabin

\$1,185.00

\$945.00

POA

Located within walking distance of several hundred meters on another rainforest property these cabins have air conditioning, ensuite bathroom, private balcony, queen size bed, DVD, TV, fridge, tea and coffee making facilities, hair dryer, ceiling fans, mini bar and fully screened louvered window which open directly into the rainforest.



Transport:

Bus: For flight arrivals before 12.30pm a coach from the Cairns airport will transfer you to Port Douglas to connect with the 3.30pm coach to Prema Shanti. Travel time is approximately 3 hours. Cost \$150 return per person.

Car: The recommended option is to hire a car as this will allow for more exploration when at Prema Shanti.

Other Activities:

- Horse Riding Adventures
- Daintree Entomological Museum
- Noah Valley Mountain Treks
- Jungle Surfing Canopy Tours
- Rum Runner Sailing Catamaran
- Ocean Safari Adventures
- The Great Barrier Reef
- Beaches

World Heritage Listed Rainforest
Look out for the elusive Southern Cassowary
Cooper Creek Wilderness
Daintree Rainforest River Trains
Daintree Discovery Centre
Cape Tribulation Sea Kayaking Tours

For all your reservation needs:

Phone: 1300 13 11 16

Email: [Spa Travel Reservations](mailto:info@SpaTravel.com.au)

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