



# MEDIA RELEASE



## Thredbo Yoga and Wellness Mountain Retreat 3 days immersed in yoga, meditation and mountain experiences

Thredbo has joined hands with [Jane Corben](#) of [Jindabyne Yoga Shala](#) to host a Yoga and Wellness Retreat that will have you at nature's heart, high in the sky amongst the breathtaking Snowy Mountains.

The Retreat will see you flee the busyness of everyday and the distractions of the daily grind and immerse you in the great outdoors where you can refresh, recharge and reconnect.

Staying in the heart of the Thredbo's charming village, your weekend away includes mountain top sunrise yoga amongst the giant boulders, guided hikes to the rooftop of Australia, meditation in the snowgums, healthy meals and snacks and a quiet session on the banks of the sparkling Thredbo River.

Host for the weekend, Jane Corben, is the founder and principal yoga teacher at Jindabyne Yoga Shala. Jane is renowned for her continuous depth of study and quest to deepen, enabling her to confidently present the complexities of yoga's ancient wisdom in a practical, knowledgeable and embodied way.

"We will explore Shakti, Shakti is the pulsation of life that makes everything thrive and the mountains are the perfect environment for this. We will hike mountains and then find the balance of stillness, we will nudge our edges, then nourish ourselves, all in a stunning immersion with nature" she said.

There is so much energy in the mountains and with views that sweep across the Great Dividing Range, encompassing the majestic High Country it is the perfect elixir for your mind, body and spirit.

With an open heart and mind and no expectations, this weekend wellness escape to the mountains is sure nourish the soul.

There are three retreat dates to choose from in 2018/19

14-16 December 2018

11-13 January 2019

8-10 February 2019

**Full experience package includes:**

- 3 nights at the Thredbo Alpine Hotel
- 3 scrumptious mountain breakfasts
- 2 evening meals in Cascades Restaurant
- 1 nutritious packed lunch
- 1 lunch at Eagles Nest Restaurant
- 2 x alpine hikes including snacks
- 3 x yoga sessions
- 1 x Ice Session
- 2 x meditation sessions

## **Program**

- **Day 1 (Friday):**
  - 6am: Yoga session – Lounge Area Thredbo Alpine Hotel  
**As the sun rises we will have the first yoga practice in the charming ambience of the Lounge area. There will be quick introductions, outline of the weekend program and a flow and movement based class to get the body energised for the day. It can be cool in the mornings so throw on an extra layer.**
  - 8am: Breakfast in Cascades  
**Fuel up for the day with a fresh and healthy mountain breakfast, ready for your day in the mountains.**
  - 9.30 am Hike To Dead Horse Gap  
**This is one of the local favourite walks - you take the chairlift to the top of Thredbo and descend through the alpine environment that offers ever changing backdrops and views. Meander through twisted gums, rugged granite outcrops and fields of wildflowers to the sparkling Thredbo River below. Keep an eye out as mountain brumbies are often spotted along the way.**
  - light snack refreshment along trail
  - 12:30pm Collection from Dead Horse Gap, drive back to Thredbo
  - 1.30pm: Birralee Bush Camp Meditation followed by picnic lunch  
**With the crisp mountain waters flowing by and surround by tall timbers the secluded location is the perfect setting for this meditation moment.**
  - 3:00pm Session with Leah Scott

- 6pm: Dinner  
Executive Chef Kane Stamp has carefully created a two course dinner in Cascades Restaurant .
- **Day 2 (Saturday):**
  - 4.45am – meet at reception of the Thredbo Alpine Hotel for a ride to the top of the mountain
  - 5:30am - Mountain Top Sunrise Yoga (Mountain top/ Eagles Nest) Sunrise 5:42am 15 December.  
**This will be a session to remember! Standing high above Thredbo you are surrounded by striking mountain views all while taking in the sweet mountain air. As the sun peaks above the High Country horizon your session begins and continues until the warm morning sunshine envelops the mountains around you. There is nothing quite like this out there.**
  - 8am: Breakfast in Cascades
  - 9.00am: Hike to Mt Kosciuszko  
**Hike high and touch the sky, you are bound to get your head in the clouds on this hike. The 13km round trip will take you to Australia's highest peak, Mt Kosciuszko, where from the top the views are endless and breathtaking. It is fully guided so you will pick up information about this amazing area along the way. There's lots to see with giant granite tors, stunning wildflowers and beautiful mountain vistas. Plus - for one moment - you will be the highest in the land, what an achievement...**
  - Light snack refreshment along trail
  - Lunch at Eagles Nest Restaurant – It's Australia's highest.  
**Your reward for a big mountain morning is a delightful lunch at Australia's highest restaurant. Enjoy majestic views and fine food in Australia's highest restaurant**
  - 4:00pm YIN Yoga and Meditation – location to be decided on the day  
**A perfect way to round out the day with relaxing Yin Yoga and Meditation in a quiet mountain location. We will stretch out those worked muscles, limber up the soft tissue network and tap into the benefits of mindfulness, restoring our bodies and minds to homeostasis.**
  - 6pm: Dinner
- **Day 3 (Sunday):**
  - 6am: Yoga session – Lounge Area Thredbo Alpine Hotel
  - 9am: Breakfast in Cascades

**Total**

**\$760 per person twin share**

**\$994 per person single share**

**Thredbo 365 pass holders**

**\$695 per person twin share**

**\$929 per person single share**

**Program only - you have your own accommodation and lift pass**

**\$536 per person**

**Program only - you have your own accommodation but no lift pass**

**\$601**

Retreat places are limited to 16 guests.

Minimum number of four

**For bookings call Thredbo Alpine Hotel Groups and Conference team on  
(02) 6459 4184.**