



flow
& food.

Rest and Digest RETREAT

A spacious restorative yoga and ayurveda retreat for rest, healing and connection



SPACE TO BE

Disconnect from work, devices, and constant notifications that cause mental fatigue.



NATURE MEDICINE

Reconnect with faith, values, or nature through solitude, meditation, and ritual.



YOGA & MEDITATION

Restore balance on your inner journey. Process emotions and quieten the mind.



AYURVEDIC CUISINE

Enjoy nourishing mindful meals with fresh ingredients to heal digestion.



LUXURY STAY

Rest physically and mentally to reduce stress, immersed by creature comforts.

5 - 8 March 2027 at Murrah Dream Retreat, NSW

BOOK YOUR SPACE NOW