

NOURISH - REST - FLOW - CLARIFY - RESTORE - HEAL

Revive & Reset

YOGA & AYURVEDA RITUAL RETREAT

FRIDAY 13 - SUNDAY 15 MARCH 2026



HEARTSPACE RETREAT, YASS VALLEY, NSW



You're invited

**ARE YOU READY TO RETURN HOME TO BALANCE,
DEDICATE YOURSELF TO YOUR HEALTH AND FORM A
DEEP CONNECTION WITH WHAT TRULY MATTERS?**

At the time of the most delicate seasonal transition in the Ayurvedic calendar, we invite you to approach the change with ease, revive your senses, and reset your system with dedicated rest, quality nourishment, and self-awareness for a return to balance.

Join Tracey, Muriel and Mike for three delightful days to slow down, heal and nourish from 13 to 15 March 2026 at the beautiful Heartspace Retreat in the Yass Valley.

Experience purposeful yoga, nourishing and delicious whole foods and a comprehensive exploration and application of Ayurveda self-care ritual and routine. Connect with your wonderful Flow and Food community and create space for yourself to rest, set intentions and return to balance.

Using the space you create and the guidance you receive, choose to continue practising and reset your Agni (digestion) to support a calm, clear mind after the retreat weekend. This process will be guided by your advisor and supported by your community at three post-retreat weekly Zoom calls and an in-studio community circle.





**THIS RETREAT IS UNLIKE ANY OTHER.
THE WEEKEND IS ONLY THE BEGINNING.**

THE FOOD

Get ready to be completely nourished inside and out. All meals are Ayurveda-inspired, vegetarian, gluten-free, and lovingly made with the highest-quality organic & biodynamic ingredients. A wide selection of organic teas will be available all weekend to enjoy slowly and take in the beautiful ambience.

YOUR STAY

After being deeply nourished by your evening yoga practice and wholefood dinner, settle in for a deep and rejuvenating sleep to the gentle night song of river frogs. Accommodation is shared style with 2-3 beds (perfect for bringing besties or meeting new ones!) complete with luxe, organic bedding. Shared bathrooms are set up with beautiful organic towelling and high-quality organic toiletries.

YOGA

Tracey and Muriel will be your yoga teachers for the weekend, both exceptional humans committed to creating a safe and nourishing environment that inspires personal transformation and supports you in your journey towards connecting with your true purpose.

AYURVEDA

Tracey will be your Ayurveda Health Advisor. Tracey is a knowledgeable and nurturing guide who will inspire you to grasp and implement Ayurvedic principles and universal concepts that promote healing, long-term health, and bring you home to yourself, naturally. We'll consider lifestyle, diet, routine and discuss how to create balance for ease and strong digestion.





REVIVE & RESET RETREAT SCHEDULE*

Friday 13 March 2026

- 5pm - Arrival
- 6pm - Dinner
- 7pm - Opening circle
- 7.30pm - Yin Yoga
- 8:45pm - Bed

Saturday 14 March 2026

- 6:30am - Morning Yoga, Pranayama and Meditation
- 8:30am - Breakfast
- 10am - Introduction to Ayurveda and Prakruti Workshop
- 12pm - Free time / optional sauna+plunge
- 1pm - Lunch
- 2pm - Free time / afternoon tea
- 2.30pm - Living Ayurveda Vihar Workshop
- 4:30pm - Yoga Nidra
- 6pm - Dinner
- Sunset - Agnihotra purifying Vedic Fire Ceremony
- 7.30pm - Restorative Yoga
- 8:45 pm - Bed

Sunday 15 March 2026

- 5:30am Ayurveda lifestyle practice (optional)
- 6:30am - Morning Yoga, Pranayama and Meditation
- 8:30am - Breakfast
- 10am - Living Ayurveda Ahar Workshop
- 12.30pm - Lunch
- 1.30pm - Closing circle
- 2pm - Departure



AND 3 X POST
RETREAT
COMMUNITY
ZOOM CALLS
AND AN IN-
STUDIO CIRCLE



*subject to change



FULL RETREAT INCLUSIONS

- All organic meals: Friday dinner through to Sunday lunch inclusive
- 5 x purpose-driven yoga classes: Hatha, Yin, Nidra and Restorative
- 3 x authentic Ayurveda workshops
- 1 x purifying Vedic Fire Ceremony, Agnihotra
- 1 x invigorating sauna-plunge (optional)
- Luxe share style accommodation
- A comprehensive retreat booklet including your Agni Reset guide
- 3 x dedicated community support meetings to prepare for your post-retreat Agni Reset

GIFT
VOUCHERS
AVAILABLE
FOR
CHRISTMAS!

LOCATION

Heartspace Retreat - a rural property in Yass River (under 3 hours from Sydney, and only 45 minutes from Canberra) in a picturesque mudbrick homestead complete with cabins, sauna and plunge on 14 beautiful country acres.

WHEN

5pm Friday 13 March to 2pm Sunday 15 March 2026 + 4 x community support meetings

INVESTMENT

\$999 per person all-inclusive EARLY BIRD RATE BY 1 DECEMBER 2025

\$1100 per person all-inclusive AFTER 1 DECEMBER 2025

You can pay in full, or we are happy to arrange a payment plan that suits you. We will only ask for a \$300 deposit and require the full amount to be paid 2 weeks prior to the retreat date.

PLACES LIMITED!

Book now at www.flowandfood.com.au

Or send an email to Tracey at studio@flowandfood.com.au and we'll provide an invoice for full payment minus card fees.

