



WELCOME PACKET

Your new retreat destination on the Oregon Coast

**MERCHANTS BEACH IN BANDON, OR
CONTACT HEATHERTENBROEK@GMAIL.COM 541-306-9903**



RETREAT PACKAGES

3 - 7 Nights



MAGICAL VIEWS FROM EVERYWHERE ON THIS 5 ACRE OCEANFRONT PROPERTY MINUTES FROM BANDON DUNES GOLF COURSES, WHISKEY RUN BIKING TRAILS, & LESS THAN A MILE TO BEACH ACCESS. PERFECT FOR PETITE RETREATS, WORKSHOPS, REUNIONS & GATHERINGS. 3000 SF, HOUSE SLEEPS UP TO 12. HOST/CHEF SERVICES. 3 BR, 3.5 BATHS, ADDITIONAL CAMPER SPACE, ROOM FOR TENTS, SUNPORCH, GARDENS, MEDITATION SPACES, INDOOR & OUTDOOR YOGA SPACES, PRIVATE, & GATED. FOR MORE PHOTOS AND INFO SEE WWW.STAYGOLDENBANDON.COM

P.S. WHEN YOU BOOK AT LEAST A 5-DAY RETREAT, YOU GET A NIGHT BEFORE OR AFTER TO YOURSELF.

CONCIERGE/HOST

Services & Offerings

Chef (see sample menus - food cost extra per person)
Housekeeping
Onsite Laundry
Space set-up for classes
Complete yoga props included
Marketing on Website/social media

Additional add-ons -
Shuttle to excursions
Herbal/garden classes
Mushroom Classes
Ayurveda Classes
Ayurveda Spa Treatments





WHOLE HOUSE COSTS

For more pics please see at StayGoldenBandon.com

Fewer folks?
Price goes
down, of
course.

\$1350 PER NIGHT

Beds for 9. Full access to property, guests sharing sleeping rooms (details to follow)
Pricing for fewer guests available.

ADDITIONAL GUESTS

Bean Bag memory foam mattresses for 2 more in the house in your choice of locations. \$100 per person, per nt. Tent camping available for up to 6 more June - August only Add \$50 per person per nt.

RETREAT PACKAGE

Includes Concierge/host (usually \$200 per day.) Add on - Food package - 3 meals per day. (See menu) \$50 - \$75 per person per day.
See extra services page for costs.

YOGA PROPS

Mats, blocks, blocks, cushions bolsters, blankets, straps, eyepillows pilates rings, yoga wheels, bluetooth speaker
7 chakras crystal singing bowls, harmonium



YOUR HOST

It is with my great honor & pleasure to host you at this most magical place. I've discovered my true love language holding space & cooking delicious food for others, behind the scenes, so that you can shine with your guests. Stay Golden is a very special place & a way of being in the world, my only apology? You won't want to leave. As a retreat teacher & practitioner myself, I understand your retreat needs & hope to host you for years to come.



Heather Gray TenBroek
awaken ayurveda & yoga therapy



CATERED MEALS!

Choose from Vegan, GF, Ok w/dairy, Pescatarian, or meat included.

Catered to your guests needs and wishes. Sample menus include fresh local fish dinner entrees like these . Lots of options!!



Local fish! Poke Bundts, Stay Golden Fish Tacos, Halibut Filets, Crab Cakes. Season Permitting.

BEVERAGES INCLUDED

with meal plan

Stumptown Coffee, Wide selection of Artemis Handcrafted Teas, Dairy & Non-dairy creamers & milks, Honey, Sugars, Monkfruit sweetener, Sparkling water, fresh juices with breakfast, and, if requested alcoholic beverages available at additional cost. Lower level bar can be stocked or used as additional sleeping area.



MENU PG 2



SAMPLE MENU OPTIONS

Subject to Availability, Length of Retreat & Your Needs-All sourced locally

BREAKFAST

Yogurts, granola, smoothies, eggs, sausage, pancakes, tempeh bacon, pastries, fresh juices, potatoes greens, tofu scramble, oatmeal, fruit, nuts.

LUNCH

Big salad, grains, local tuna, sandwich platter style charcuterie with gourmet options, meats & cheeses, olives, & more, chicken or mock salad croissants, etc.

DINNER

Chicken Pot Pie, Fish Tacos, Poke Bundts, Zucchini Lasagna, Halibut Filets w/seasonal veggies, Kichari Buffet, Crab Cakes, Curried Tofu, Spaghetti Squash Pad Thai, & more!

SNACKS

Set idea for your group depending on needs: smoothie station, seeds, nuts, fruit, trail mix platters, & more.

Fresh local veggies for every meal. On warmer days, outdoor seating is available & for larger groups.

GUEST ACCOMODATIONS



For More details see StayGoldenBandon.com

- All rooms have ocean views & sounds.



**MAIN LEVEL KING
BEDROOM FOR 2
NEXT TO FULL BATH,
EXTRA DAY BED IN MAIN
LIVING ROOM FOR 1 MORE**



**CAPTAIN'S QUARTERS:
KING, 2 TWINS,
(OPTION FOR 2 MORE).
FULL BATH, FP, TV,
LOUNGE AREA, BAR,
SEPARATE ENTRANCE.**



**OPEN LOFT - QUEEN,
FULL, ROOM FOR 1
MORE.
1/2 BATH, ENTRANCE TO
YOGA DECK.**

GUEST ACCOMODATIONS

For More details see StayGoldenBandon.com



- **During Summer months-additional space available**



**LAWN AND WOODED AREAS
PERFECT FOR TENTING. 1 EXTRA
TEACHER/HOST CAMPER SPOT.
LARGER GROUPS WOULD EAT
IN MULTIPLE DINING SPACES**



**SUNPORCH DAYBED FOR
1 - MOVED FROM LIVING
AREA**



**WITH PRIOR ARRANGMENT,
TEACHER/HOST CAMPER
QUARTERS, CONCIERGE
STAYS NEARBY OFFSITE
FOR ADDITIONAL CHARGE**

The tenting/camping folks have access to full bath in garage laundry room.

RETREAT SPACES

Yoga, meditation, reunions, workshops, teambuilding, or just a fun trip to the Coast? We've got you covered. Lots of outdoor spaces to discover, minutes from beach access, Yoga deck, huge living area for groups, garden area for classes, paths and trails, you name it! As a teacher/spaceholder your retreat booking includes a free night's stay months before your retreat with me to bask in the property & the night before your retreat starts (every retreat if booking more than 3 at a time). As an Ayurvedic Yoga Therapist & practitioner, I can also add content and teachings to your retreat as well.





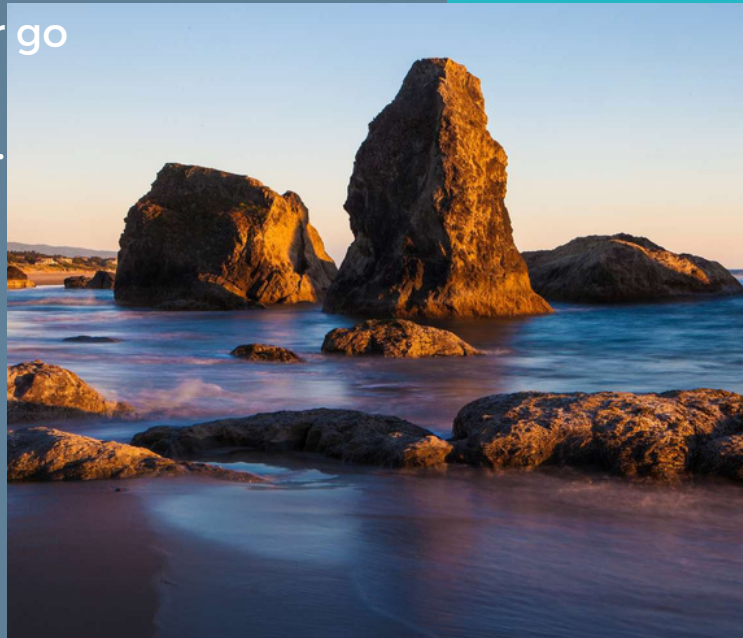
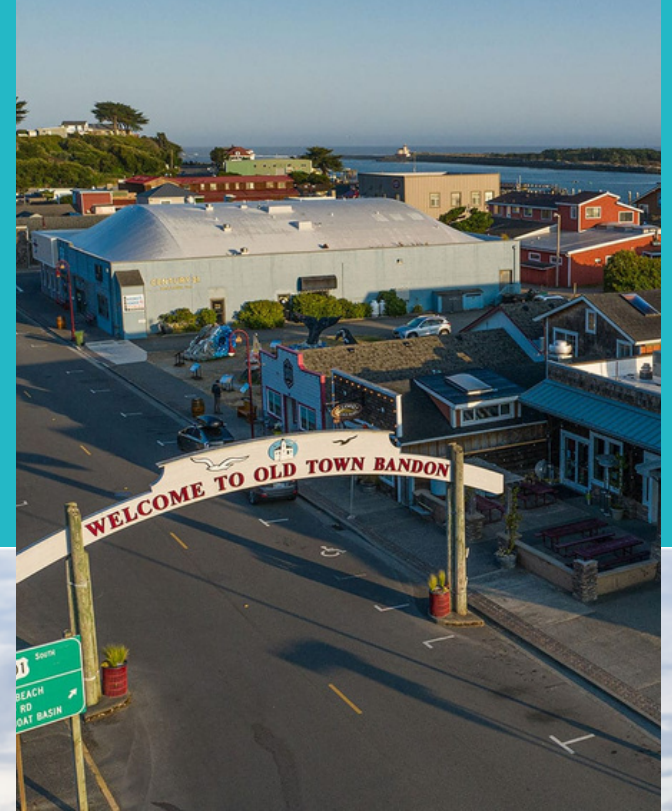
MERCHANT'S BEACH

In my opinion, one of the most beautiful & least traveled beaches on the OR coast. Pssst...don't tell anyone. Miles of sandy beach to walk & explore. Beautiful rocks for the hounds & newbies, alike. Tidepools in Summer months, King tides in Winter for Storm watching! Magical healing ocean any time of the year, it will soothe your soul, heal your heart, sing to your spirit. Oh, and the **SUNSETS** will blow your mind!



BANDON

Sweet little coastal town with lots of charm. Charter a fishing trip, visit the museums, eat seafood at myriad of restaurants, Just 9 miles from Stay Golden. Or go North to Charleston, Coos Bay, Reedsport. Bandon Dunes Golf Resort also just 5 minutes away.



CHARLESTON

Cape Arago is a lovely day excursion with a stop in Charleston. History abounds in this fishing village. Oyster beds, too! If you travel on the gravel road right out of our property, you're following the homesteader's trail from the 1800's! Along the road to Charleston stop at the estuary for a beautiful wooded hike.



ADD-ON CLASSES/TREATMENTS

For More details see heather.tenbroek.com/ayurveda-offerings



Doša Sub-types and their functions						
Site	Function	Sub-types of Pitta	Sites	Function	Sub-types of Vata	Site
Brain, white matter, myelin sheaths.	Nourishes sense organs.	ALŌCAKA आलोकक	Eyes 	Optical perception, eye color.	PRĀNA प्राण	Brain, Heart, Lungs.
Mouth, tongue.	Governs taste, swallowing, protects mucous membrane of mouth.	SĀDHAKA साधक	Brain, Heart 	Thinking, learning, understanding.	UDĀNA उदान	Brain, Heart, Lungs.
Heart & lungs.	Supports all systems, protects heart and lung tissue.	RAŪJAKA रजक	Liver 	Liver enzymes, produces Bile.	VYĀNA व्यान	Heart, whole body.
Mucosal lining of stomach.	Protects stomach, moistens food.	PĀCAKA पाचक	Small Intestine 	Enzymes, HCL, digestion, absorption and assimilation.	SAMĀNA समान	G.I track.
Joints, synovial fluid.	Lubrication of joints.	BHRĀJAKA भ्राजक	Skin 	skin pigmentation, color, and temperature.	APĀNA अपान	Pelvic region.

LEARN TO MAKE YOUR OWN PRODUCTS WITH THE TEACHINGS OF AROMATHERAPY & AYURVEDA

DOSHA CLASS - LEARN YOUR OWN CONSTITUTION & HOW TO SPOT OTHERS'

AYURVEDA SCIENCE OF LIFE

IT IS A LIVING SYSTEM THE UNIQUE MAKE UP OF IT SUPPORTS THE WHOLE DIGESTIVE, MENTAL ADDRESSING EACH OF THE NEEDS. AYURVEDIC YOGA BOTH SUPPORTS AND HEALTH FOR LONG-TERM AS WELL AS WORKING PRESENT SYMPTOMS AND RTS ON A DAILY BASIS WORKS WITH YOUR DIET, AND SELF-CARE OPTIMIZE YOUR HEALTH BRINGING A SENSE OF OVERALL WELL-BEING.

BLISS TREATMENT

SHHHH THE ULTIMATE IN RELAXATION, REJUVENATION AND RESET THIS 35 HOUR EXPERIENCE INCLUDES AYURVEDIC CONSULTATION & DOSHA ASSESSMENT, ABHYANGA MASSAGE WITH CUSTOMIZED WARM OIL BLEND, SHIRODHARA & SVEDANA. EACH OF THESE ANCIENT AND BEAUTIFUL TREATMENTS CAN ALSO BE DONE SEPARATELY.

DOUGH BA

URAD DAL FLOWER PASTE HOLD HERBALLY INFUSED SPECIALIZING IN PAIN MANAGEMENT, BALANCING ENERGY, EMOTIONAL, ADRENALS AND ALLEVIATING VARIETY OF AILMENTS AND

WORKSHOPS &

PRIVATE CLASSES! GREEN BUILDING, PSYCHOLOGY PLACE OR MAKE OILS OTHER AYURVEDIC GO YOUR FRIENDS OR C LEARN THE LANGUAGE DOSHAS AND THE ELEMENT RECEIVING ANCIENT THE FUN ENVIRON

WWW.AWAKENAYUR
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54130699

SHIRODHARA, ABHYANGHA, SVEDHANA...PURE BLISS!



THANK YOU

It means the world to me that you've chosen our sweet space to host your group and I'll be with you every step of the way, hopefully hosting you for years to come.

Contact HeatherTenBroek@gmail.com
541-306-9903

