

# Adventure & Yoga on majestic Norfolk Island 25 Nov - 02 Dec 2009



Yoga with Marie is simple, real Yoga.

Her focus begins and ends always with the breath. Her practices always sharpening one pointed focus away from the noise of the mind. Developing ones optimum potential in body, mind and spirit, moving towards true self, psychological and emotional maturity, freedom... peace in daily living.

Marie found yoga while looking to bring balance to a corporate lifestyle and soon developed a heartfelt gratitude for its wholistic benefits.

The simplicity of Peace of Mind, a new found openness and eagerness to the difficulties and joys of daily living, are the benefits of yoga Marie is most grateful for.

#### Package includes:

- Return airfare to Norfolk Island via Sydney
- All pre-paid airline taxes
- Norfolk Island Departure Tax
- 7 nights twin share accommodation
- 7 days car hire
- Meet & Greet at Norfolk Island Airport
- Return airport transfers on Norfolk Island
- Discount Norfolk Shopping Card with free gift
- Complimentary Miniature Golf - golf your way through Norfolk's history
- Complimentary "A Walk In The Wild" a unique rainforest walk



From  
**NZ\$1915**  
per person  
ex Auckland, Wellington &  
Christchurch



Conditions apply.

Prices are subject to availability and subject to change without notice.

Please note: Car insurance & petrol are additional to the above holiday package

Take advantage of our local knowledge and having your travel agent at your destination. For those travelling as a group of 21 full-paying adults (or more) ask about our group travel incentives.

Please fill in this form and airmail or fax bottom portion to:  
'Adventure & Yoga', c/- The Travel Centre,  
P.O. Box 172, Norfolk Island 2899, South Pacific  
Alternatively email [melissa@travelcentre.nf](mailto:melissa@travelcentre.nf) for more details

Please send me further information on **Adventure & Yoga on Norfolk Island** 25 November - 02 December 2009.

I am interested in travelling on the following dates:

Travelling from: \_\_\_\_\_

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

*We live on Norfolk & know Norfolk best!*

For more information contact...[melissa@travelcentre.nf](mailto:melissa@travelcentre.nf) The Travel Centre, PO Box 172, Norfolk Island 2899

Ph: int+ 6723 22502 or Fax: int + 6723 23205 Toll Free from New Zealand 0800 0088 10

# Registration Pack NZ\$465 per person (additional cost to package price)

Sunday 22 November 9:30am - Tuesday 24 November 2:30pm



## Inclusions:

Camping  
Tents (provided)

All meals (vegetarian)  
2 x breakfast  
2 x lunch  
2 x dinner  
Fruit (seasonal), Nibbles, Juices  
& Fresh Drinking Water



## Instructors

### Marie Baker - 3 Sessions

#### Vinyasa with Marie:

A steady paced, progressively strong, an intelligent vinyasa, focusing attention, working in a way that will strengthen the body in preparation for opening the body.

#### Hatha Yoga with Marie:

Less aerobic yet a much deeper exploration of focus; of body and breath, as one is guided to holding poses longer with the aid of props.

Marie also likes to focus on sitting practices, pranayama and meditation, as a way to begin and/or end a yoga practice, further fine tuning focus, deepening peaceful experience, increasing ones vitality and availability to being in the world.



### Candida Langman - 2 Sessions (Power Yoga)

Strawberry Fields on Norfolk Island is the home of Candida Langmans Power Yoga Studio. Candida has been practising yoga for 9 years, & teaching for 5. Born in South Africa with a fitness & Health background of aerobics & weight training. Candida says "The practise of yoga has changed my life, one only needs to commit to the process, so the process can commit to you". She believes in finding a yoga practise that is coming home for yourself. Having now found the Teacher Training of Baron Baptiste Power Yoga, her home. Candida looks forward to meeting and feeding all those who dare take themselves out of their comfort zones.



### Sarah Quintal - 2 sessions

Sarah first started practicing Yoga seven years ago here on Norfolk Island. In 2007 she began teaching with "Friends of Yoga" and in July last year completed her Teacher Training Certificate with Yoga Arts in Bali.

Sarah draws on her love of Yoga, personal practice and experience when teaching, aiming to bring union to the body, mind and spirit



If weather unfavourable a Yoga Studio will be used for the sessions

Included is a Tour Leader for the week to accompany any other activities of interest.

- Private lessons & massages can be arranged whilst on Island
- Public sessions in operation Mon, Tue, Wed & Thu (optional)

Optional tours are available

- Kayaking
- Horse Riding
- Biking
- Surfing
- Trekking
- Snorkeling
- and more!



For further information on optional tours please contact [melissa@travelcentre.nf](mailto:melissa@travelcentre.nf)



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