

Byron Bay Hinterland – Mindfulness & Nature Retreat

9:00 AM – 3:00 PM

Jasper Hall

19 Englishes Road, Upper Coopers Creek NSW 2482

Theme: Breathwork • Presence • Sound • Celebration

Nature Walk · Kundalini Meditation · Conscious Dance Celebration · OM Chanting · Kapalbhatai · Anapana

Morning: Arriving & Grounding

- Welcome & Intention Setting – Creating space to arrive fully and set a personal intention.
- Guided Mindful Nature Walk – Awakening the senses, grounding the body, and calming the nervous system.
- Rest & Integration – Allowing the experience to settle naturally.

Energy & Expression

- Kundalini Meditation – A dynamic practice to release tension, awaken energy, and deepen presence.
- Conscious Dance Celebration – Movement as meditation — a joyful expression of freedom, embodiment, and connection.
- OM Chanting – Experience the grounding and harmonizing power of collective sound.
- 15-Minute Break – Time to rest, hydrate, and integrate.

Breath & Awareness

- Kapalbhatai Kriya – A cleansing breath practice emphasizing conscious exhalation, revitalizing body and mind.
- Vegetarian Lunch – Shared in awareness and gratitude.
- Anapana Meditation – Cultivating awareness of the natural breath to strengthen concentration, balance emotions, and deepen inner clarity.

Closing

- Rest & Personal Reflection – Journaling, contemplation, or quiet time in nature.
- Closing Circle – Integration and simple take-home practices.

This Retreat Supports You To:

- Reduce stress and mental fatigue
- Improve focus and emotional resilience
- Deepen breath awareness
- Reconnect with nature
- Experience inner calm and joyful expression
- Return home grounded and refreshed

Please Bring:

- Yoga mat
- Meditation cushion
- Comfortable walking shoes
- Water bottle