

REFLECTIONS RETREAT VANUATU

JULY 2024 – NOV 2025

Host a blissful yoga retreat in Vanuatu

BOOK OUR ALL-INCLUSIVE HOLISTIC RETREAT

5 DAY / 6-NIGHT RETREATS FOR GROUPS OF 5-12



PRIVATE WATERFRONT & CORAL REEF LOCATION

HAVANNAH HARBOUR, EFATE ISLAND, VANUATU / 3 HOUR FLIGHT FROM SYDNEY & BRISBANE

DEEP SERENITY & NATURAL WONDER

Retreat to Vanuatu to re-energise, teach in a stunning setting & share joy with your yoga community.

“I keep returning year after year to this beautiful space. The staff are magic. The accommodation is stylish. The swimming pool, yoga shala, dining area & beachfront are stunning. Then there is the food ... the fixed menu is a delight, offering all the seasonal foods you could dream of. If you are looking for a place to 'retreat', this is it!”

– FYONA COULTON, YOGA TEACHER &
RETREAT HOST, YOGA BRAVE, NSW

“After a truly magical and sold-out retreat last year we are going back to this amazing space in the Pacific. It's been my dream for a long time to host retreats, and to do this and be able to give back to this wonderful island nation makes my heart smile. This truly is travel with a purpose.”

- TANJA, YOGA TEACHER & RETREAT HOST,
SAMADHI YOGA AUSTRALIA, QLD



*It's all yours – we won't
book anyone else during
your retreat week*

NOURISH MIND, BODY & SOUL

Host a yoga retreat with us this year

Teach yoga by the sea and discover the wonders of Vanuatu.

- 5 days / 6 nights all-inclusive
- Book our whole retreat space for your exclusive use
- Great value retreat package
- Stunning location, quality facilities & fabulous inclusions

The length of your retreat can be changed to suit your group.
Contact us for more information.

Your retreat

Host the retreat of your dreams. Our fabulous staff do everything to ensure your retreat experience is blissful and easy - so you can relax, hold space for your group & immerse yourself in the surrounds.

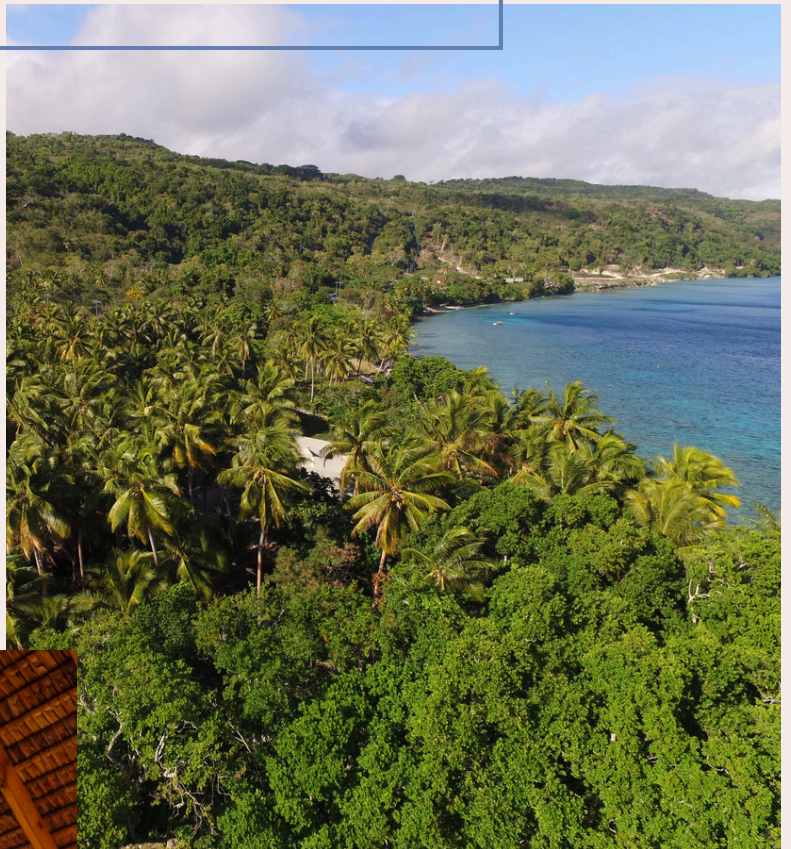
Inclusions

- Airport transfers
- Spacious twin share accommodation
- 3 x delicious meals a day
- Yoga shala by the sea
- Daily nature, culture & wellness experiences e.g. boat trip, village tour, massage
- Swim, snorkel & kayak in the clear waters & coral reef

Awaken your senses in Vanuatu's embrace

Our South Pacific retreat is nestled in lush surrounds in a luxurious absolute beachfront location on Efate Island, overlooking the clear waters of Havannah Harbour.

Idyllic tropical getaway for rejuvenation, reflection & relaxation.

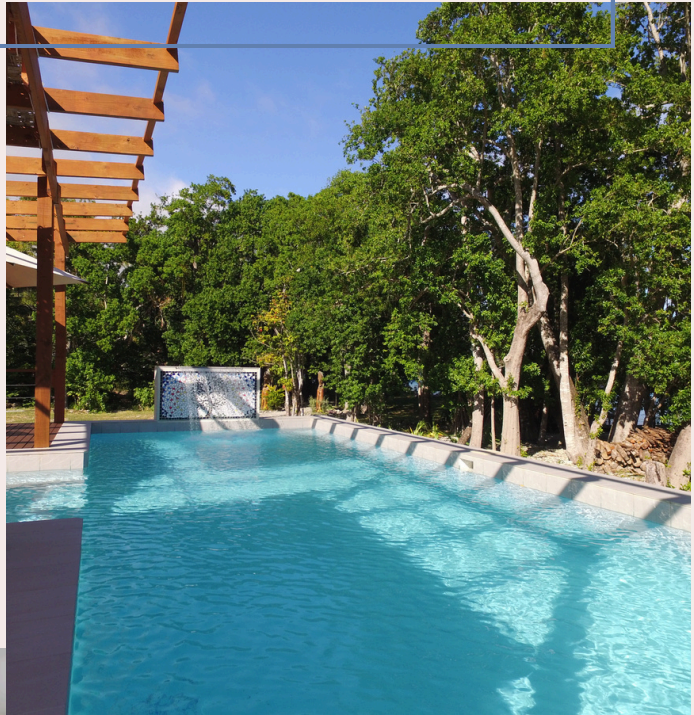


- 3 hour flight from east coast Australia
 - 25 mins from Port Vila (airport transfers included)
 - Serene & private (away from tourist areas)
 - Coral reef abundant with marine life
 - Clear warm waters (average 24°C) safe for year-round swimming
 - Views across to Lelepa Island
 - Snorkel or kayak to secluded spots
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Unwind and connect with the revitalising forces of nature

Relax into bliss in our deeply restorative retreat space, with its lush gardens & ocean views.

- Swimming pool
- Yoga Shala
- Outdoor dining area
- Hammocks & day lounges



Spacious Accommodation

4 twin share suites

- Stylish, spacious & comfortable
- King single beds + lounge area
- Bath & separate shower
- Water views (ocean or river)
- Private deck
- Air conditioning

2 bedroom cottage

Available for larger retreat groups.
Has its own plunge pool.

Escape from everyday stresses

No wi-fi in suites – no tech distractions

The calm, clear waters are calling

Nature

- Swim, snorkel & kayak off our reef beach
- Half-day excursions - boat tour to Lelepa Island or turtle sanctuary, visit Blue Lagoon
- Kayak to secluded spots
- Mountain or river hike



Wellbeing

- 2 x 1 hour treatment sessions (massage / facial)

Culture

- Port Vila town visit or tour around Efate Island
- On-site: coconut, weaving or cooking demonstrations
- School visit on nearby Lelepa island

Note

- *Opportunity to connect with local community & bring goods to donate (if interested, ask us for details about what is most needed)*

Enjoy nourishing, healthy food

Great food is an essential element of the retreat experience. We pride ourselves on providing delicious, healthy meals – all served to the table and freshly made each day using the best local produce.

Our menu is focused on nutritious plant-based food that energises and satisfies. Vegetarian/vegan menu options and meat inclusive menu options are available.



- Wheat and dairy free kitchen
- All recipes low in free sugars
- 3 meals a day served to you in our outdoor dining area

Notes

- All dietary requirements can be individually catered for

Bespoke retreats

You are welcome to run spiritual or alternative wellness sessions on your retreat.

Examples of previous retreat offerings in our space - hypnotherapy, oracle readings, vocal coaching and sound healing.

How we support you

Reflections Retreat is owned and run by Australians Gillian and Brad, with their team of local staff. Whether you've hosted plenty of retreats before, or never have we make it as easy as possible - from your first enquiry to your stay.

Sample Itinerary

7.15am Yoga

9am Breakfast

9.30am Coconut demonstration

10am Tour of the day

1pm Lunch

Afternoon – massages, private consultations, water activities & relaxation

4pm Yoga

5.30pm Dinner

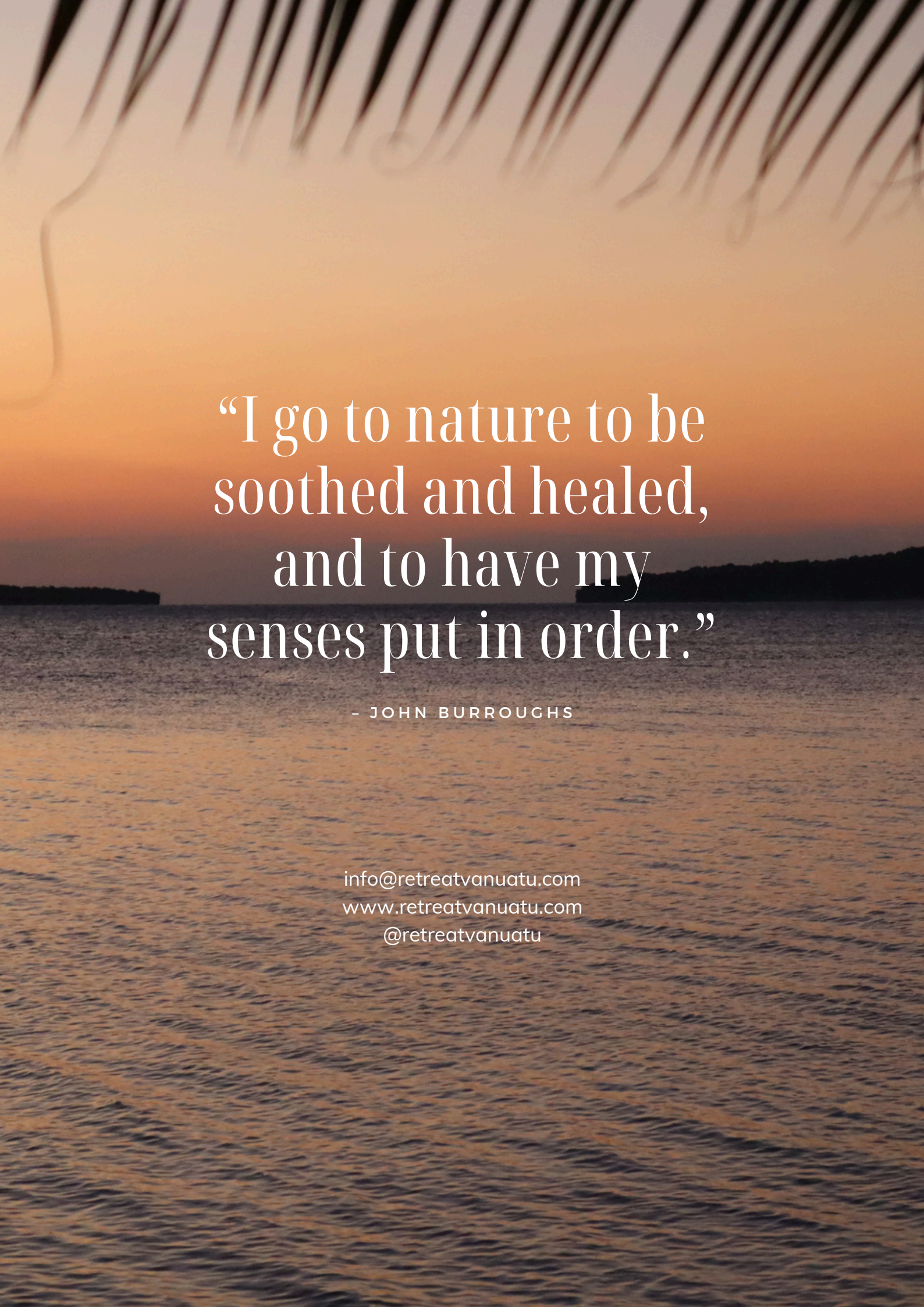
7pm Meditation

Bookings

Contact Gillian at info@reflectionsretreat.com to check available dates or request more information including:

- Booking terms & conditions
- 5 day / 6 night sample menu & itinerary
- 'What to Bring'

Once you've booked, we also supply beautiful images to help you promote your retreat.

A serene sunset over a body of water. The sky is a gradient of orange and yellow, transitioning to a darker blue at the horizon. The water in the foreground is dark blue with gentle ripples. In the upper part of the image, the silhouettes of palm fronds are visible, creating a tropical atmosphere. The text is centered in a white, serif font.

“I go to nature to be
soothed and healed,
and to have my
senses put in order.”

- JOHN BURROUGHS

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www.retreatvanuatu.com

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