

POWER IN PARADISE APOLLO POWER YOGA RETREAT IN RAROTONGA

On each of your 6 days, Hamish and Margo will provide you with 2 yoga practices, including power vinyasa, power restore, meditation, yoga philosophy and pranayama (breathing techniques). Come to either the morning practice, the late afternoon practice, or both! Ikurangi is currently constructing a covered yoga platform which we'll use for our practices.



You'll have plenty of time between morning and afternoon yoga practices to explore Rarotonga's other great things to do. Your package includes your choice of 2 from the following other activities:

- Stand up paddle board and snorkel and/or night SUP lagoon tour
- Glass bottom lagoon cruise and snorkel (includes lunch)
- Cross island trek and/or nature walk (includes lunch)
- Eco cycle tour (includes lunch)
- Cultural island show (includes dinner)
- Electric tuk tuk island tour and/or sunset cocktail tour
- 60 min traditional Polynesian massage

The package includes free use of the Resort's bicycles and snorkelling equipment, as well as 7 breakfasts, 3 lunches and 3 dinners at Ikurangi.



All meals are vegetarian or seafood using the freshest, locally grown, seasonal produce. Ikurangi supports three highly rated local caterers who will provide you with:

- Tropical breakfasts delivered to your room, featuring a selection of locally sourced, organic fruit, cereal and artisan bread. Tea and fair trade coffee are available in your room at all times.
- Lunches packaged for you to enjoy on site or take away to eat elsewhere.
- Dinners served as either a delicious shared Island Platter for you and your room partner, or Bowls of Goodness served buffet style to the group.

On days when Ikurangi isn't supplying your meals as part of the package (and if lunch or dinner isn't included as one of your activities), there are lots of good nearby options. A Saturday morning outing to the local Punanga Nui Market for lunch, as well as the Muri Night Markets open several nights a week for dinner are easy options. There are also excellent restaurants to cater to everyone's tastes and budgets.



By making a group booking, we've been able to get a great discount on Ikurangi's regular rates. You will get all this for just \$NZ2250 per person (twin share). A deposit of \$550 secures your place on the retreat (only 10 places are still available), with the remainder to be paid by 7 May 2020.

The package price doesn't include airfares, but there are still really good prices on airfares available for this period. Get your airfares sorted, pay your deposit to the Apollo ANZ account 01 0310 0054995 00 to confirm your place on the retreat, and you're on your way to Power in Paradise.

When arranging your airfares, keep in mind that Raro is 23 hours behind NZ, so it's usually a different day there than it is here. You need to arrange your flights to check in on 7 August in Raro and check out on 14 August.

Enquire **NOW** to reserve your place for this wonderful retreat: margo@apollopoweryoga.com

This will be a fantastic experience and we look forward to sharing it with you.