

POWER IN PARADISE

APOLLO POWER YOGA RETREAT IN RAROTONGA
13 – 20 AUGUST 2021
7 NIGHTS, 6 DAYS
IKURANGI ECO RESORT



This is your opportunity to practice yoga twice on each of your 6 Retreat days, with Hamish and Margo, New Zealand's most qualified and experienced teachers of Baptiste Power Vinyasa yoga. This may be a Retreat from your everyday life, but it will be an Advance in your yoga practice.

We have trained for hundreds of hours with Baron Baptiste and other yoga instructors, we have taught thousands of students over many years, and we have ourselves trained many other yoga teachers.

If you've practiced with us at Apollo Power Yoga, you'll know that our practices provide you with challenge, inspiration, education and fun. Don't settle for anything less when you go on a Yoga Retreat!

Our Retreat yoga practices will include: power vinyasa, power restore, meditation, yoga philosophy and pranayama (breathing techniques). Come to either the morning practice, the late afternoon practice, or both!

Ikurangi has a covered, outdoor yoga platform which we'll use for our practices. Just heavenly.

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
- Night stand up paddle board lagoon tour
- Glass bottom lagoon cruise and snorkel (includes lunch)
- Cross Island Trek (includes lunch)
- Nature Walk (includes lunch)

- Eco cycle tour (includes lunch)
- Cultural island show (includes dinner)
- 60 min traditional Polynesian massage (on the deck of your accommodation)

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



All provided meals are vegetarian or pescatarian (vegetarian plus 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.
- 3 Lunches packaged for you to enjoy on site or take away to eat elsewhere.
- 3 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.



You will get all this for just \$NZ5900 per couple – which can be partners, or friends. (twin share). This is amazing value, given the beauty and warmth of the destination, the expansive itinerary, and the quality and experience of your yoga instructors.

The package price does not include airfares, but there are still airfares available for this period. Get your airfares sorted, secure your place by payment of \$5900/couple to the Apollo ANZ account 01 0310 0054995 00, and you're on your way to ***Power in Paradise***.

When arranging your airfares, keep in mind that Rarotonga is 23 hours behind NZ, so you'll need to depart NZ on 14 August to arrive on 13 August in Rarotonga, and depart Raro on 20 August to arrive back in NZ on 21 August.

If you have any questions, please contact: margo@apollopoweryoga.com

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