

Yoga with Altitude

The YogaRoom Retreat in the Blue Mountains With Judy Krupp

A time to restore and re-energise in the pristine environment of the world heritage Blue Mountains.

Where: Kurrara Historic Guest House
17 Coomonderry St,
(entrance to carpark in Ada St.)
Katoomba NSW 2780

Parking: Some parking available, & street parking
in Ada & Coomonderry Sts.

When: 3-nights 29th, 30th, 31st March 2021
Arrive: Monday, 29th March, 2021
check in from 2.00pm
Depart: Thursday, 1st April 2021
check out from 2.00pm (after lunch).

Inclusions: All meals, accommodation & yoga
All linen, towels, toiletries, hair dryer

How to get here: Use the major highways for the most direct route, M2, M7, and M4 all the way to Katoomba. Allow 1 ½ - 2 hrs to get here, or catch a train and we will pick you up.

What to bring: The weather is very changeable and nights can be cool, even in Spring or Summer. Please make sure to bring a warm 'puffy' jacket. The guest house has central heating and the beds have wool duvets etc. Pack good walking shoes, or hiking boots if you are intending to bush walk while you are here. Kurrara is situated midway between Katoomba town centre and Echo Point

and the Three Sisters. And close to popular bushwalking tracks. There will be free time after lunch to explore, art galleries and cafes, or go on a bush walk. The studio is fully equipped for your yoga practice with ambient heating, but make sure to bring a sweatshirt/socks for the cold mornings & evenings.

The Villages of the Blue Mountains...some highlights

Katoomba has plenty of restaurants and vegan cafes, art galleries and the Cultural Centre. Home to Scenic World.

Leura is just a few minutes drive and offers great cafes and retail therapy.

Wentworth Falls has some popular walks and scenic lookouts

Blackheath views of the Grand Canyon and many walks, and the Victory Antiques market.

Food: A light continental buffet style breakfast is served daily.

Lunch & Dinner are vegetarian, cooked by Sid our local chef. A huge selection of Teas & Coffee is available all day. Please let us know if you have any specific dietary requirements etc.

Programme:

Monday 29th	2.00pm - 3.00pm	Arrive & check in
	4.30pm-6.30pm	Yoga
	7.00pm-8.00pm	Dinner
Tuesday 30th	7.30am-8.30am	Breakfast
	9.30am-11.30am	Yoga
	12.00pm-1.00pm	Lunch
	1.00pm-4.00pm	Free time
	4.30pm-6.30pm	Yoga
	7.00pm-8.00pm	Dinner
Wednesday 31st	7.30am-8.30am	Breakfast
	9.30am-11.30am	Yoga
	12.00pm-1.00pm	Lunch
	1.00pm-4.00pm	Free time
	4.30pm-6.30pm	Yoga

	7.00pm-8.00pm	Dinner
Thursday 1st	7.30am-8.30am	Breakfast
	8.30am - 9.30am	Pack & vacate rooms, store luggage
	9.30am-11.30am	Yoga
	12.00pm-1.00pm	Lunch
	From 2.00pm	Depart

