**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, & streetparking

 in Ada & Coomonderry Sts.

**When:**  27th, 28th, 29th April, 2020

  **Arrive: Monday, 27th April, after lunch**

 **check in from 2.00pm**

 **Depart: Wednesday, 29th April, 2020**

 **check out from 2.00pm after lunch.**

**Inclusions:** All meals, accommodation and 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

**What to bring:** The weather is very changeable and nights will be cool. 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 the 2km walk through the Jurassic Valley of Scenic World, art galleries and cafes etc.

The studio is fully equipped for your yoga practice with ambient heating, but make sure to bring a sweatshirt 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 and **Blackheath** has the Grand Canyon and the Victory Antiques market.

**Food:** A light continental buffet style breakfast is served daily. Lunch & Dinner are provided by a local vegetarian chef, and will cater for all requirements. A huge selection of Teas & Coffee is available all day. Please let us know if you eat gluten-free, or lactose free etc.

**Programme:**

|  |  |  |
| --- | --- | --- |
| Monday  | 10.00am-12.00pm | Drop off your bags |
|  |  | Free time |
|  | 2.00pm | Check in |
|  |  | Free time |
|  | 4.30pm-6.30pm | Yoga |
|  | 7.00pm-8.00pm | Dinner |
|  | 8.30pm-9.00pm | Yoga Nidra |
| Tuesday  | 7.30am-8.30am | Breakfast |
|  | 9.00am-11.00am | Yoga |
|  | 12.00pm-1.00pm | Lunch |
|  |  | Free time |
|  | 4.30pm-6.30pm | Yoga |
|  | 7.00pm-8.00pm | Dinner |
|  | 8.30pm-9.00pm | Kirtan |
| Wednesday  | 7.30am-8.30am | Breakfast |
|  | 9.00am-11.00am | Yoga |
|  | 12.00pm-1.00pm | Lunch |
|  | From 2.00pm | Depart |

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