

## *Create Space Yoga Retreat 7 – 17 July, 2019*

SIARGAO ISLAND, PHILIPPINES

### Information Booklet



#### **Meet Tonya**

Kia Ora and welcome!

I'm Tonya, Founder and Owner of Yoga Circle, a boutique yoga studio in Northland, New Zealand.

My yoga journey began over 15 years ago while Living in Dubai and struggling with a painful back injury. As my yoga practice healed and strengthened my body, I began to notice other benefits from coming to my mat.

At the time I had a "very busy and important" job alongside raising my young family as an expatriate. Amidst the hustle and bustle of this life, yoga provided the time and space for me to PAUSE and just BE. To connect to my body and my breath through movement. Importantly, it transformed the feelings of "busy-ness of juggling life" into feelings of balance and mindfulness that have led to a more harmonious and holistic way of life.

When I returned to New Zealand in 2004 I wanted to share my learnings with others, so I created Yoga Circle alongside my career. This has provided me with the opportunity to walk my talk and to model yoga can be used to "create balance and enhance life ". Sure, life still gets busy, it instead of juggling "busy and important "tasks, there is yoga and a feeling of choice. Today I choose to create balance and so can you!

So.... If you are someone who is always busy, often doing things for others, or perhaps you feel like YOU get lost inside your life at times.... Then it's time to press pause, hit refresh, and give yourself permission to practice just being. *Come away with me.....*

## SIARGAO ISLAND, PHILIPPINES

The remarkable shape of the ocean bed just off the coast of Siargao makes it unique to the other seven thousand islands known collectively as the Philippines.

Nestled within 437 sq. km are natural sites one would otherwise travel multiple islands to see. It holds the region's second largest mangroves: a forest guarding the waterways to the most remote and idyllic fishing villages and secret lagoons. Many times, the feeling is that one has discovered the furthest end of the earth. It is our teachers' favourite place to practice outdoors, floating above turquoise waters and surrounded by limestone cliffs.

Siargao in the year 2017 is still the jungle it was when the retreat's founders first arrived almost a decade ago. Its waterfalls, rock pools, caves, underwater caves, dive sites— its wild and infinite vistas are guardians of the islanders' way of life.

Surrounded by majestic land formations and the powerful ocean, the islanders are in constant commune with the essence, spirit and source animating life. Expressed in their ways, the order of their days, and their language, the initial experience of coming in contact with Nature—the mind immediately silenced and the ego dissolved into the infinity that her beauty suggests—is constant for the people of Siargao and an experience they so willingly share with the world outside theirs.

It is this sacred combination of being in nature and witness to the Filipinos' unfathomable capacity for unconditioned joy and open-heartedness that makes Siargao the perfect place for a Yoga immersion.

### **Retreat Itinerary**

Please note based on the expeditionary nature of our trips, there may be ongoing enhancements to this itinerary.

Below please find the day-by-day itinerary for this trip. Unless otherwise noted, daily excursion options are included in the cost of the trip. We do our best to adhere to the scheduled itinerary, but in the spirit of our expeditionary style of travel we may deviate slightly to take full advantage of encounters with the destination and its people, culture, and wildlife.

#### **Day 1 – 7/7/2019**

**Fly from Manila to Siargao** on arrival you will be greeted by our driver and retreat host, drive 45 min to retreat location. On arrival you will be served refreshments and an early check in will be arranged. Lunch

will be served and for those interested we will take an afternoon walk into town. Evening meeting in Yoga studio to discuss retreat schedule followed by dinner at Brava Restaurant.

#### **Day 2 – 8/7/2019**

**Let's unwind.** Morning yoga in the Japanese inspired tree house studio, followed by breakfast in the onsite Vegan cafe. Today we will explore Siargao, visit Magpupunka pools, take a walk-through local village and explore the local markets. The day will conclude with a group dinner.

#### **Day 3 – 9/7/2019**

**Awaken with our morning yoga ritual,** breakfast and a swim. Unwind with your first massage and enjoy the local cruise for lunch. Enjoy some “me time” and join the group for the evening with delicious foods to the sound of the ocean.

#### **Day 4 – 10/7/2019**

**A day for adventure.** After our morning practice and breakfast today, we spend the day island hopping and exploring. Naked Island, Daku Island and Guyam Island are situated just off the shores of Siargao. Lunch will be served along the way. After returning back to Siargao evening yoga and dinner will complete our adventures.

#### **Day 5 – 11/7/2019**

**With the sounds of nature and the smell of the ocean we dive deeper into our yoga practice.** Today we explore our surroundings by bike, what surprises may we find? Lunch along the way and our evening will be complete with yoga, delicious food while watching the sunset.

#### **Day 6 – 12/7/2019**

**As our mind starts to open, our body will follow.** After our morning practice we set off to explore the local beaches and snorkel in the crystal-clear waters. During the afternoon let yourself be pampered with a one-hour massage and group dinner.

#### **Day 7 – 13/7/2019**

**Contemplate to magnificent surrounding and most importantly yourself.**

After our morning practice we set off to Sugba lagoon for a day of stand-up paddle boarding, snorkelling, and boat rides between the cliff's edges. A fresh lunch will be served and later that evening we will meet for yoga and group dinner.

#### **Day 8 – 14/7/2019**

**A day for creation.** After our morning yoga practice and breakfast take this day to spend at your own leisure. Meet in the evening for a group dinner watching the sunset.

#### **Day 9 – 15/7/2019**

**The sun on our skin and the dirt beneath our feet.** Morning yoga - Today we set off for a trek to the top of Corregidor Island to marvel the Pacific Ocean lands surrounding us. BBQ picnic lunch and refreshments will be served on the beach. Later we will return back to our resort for evening yoga and dinner together.

#### **Day 10 – 16/7/2019**

**Today is our final yoga session together.** Enjoy our extended morning practice

followed by breakfast. Our last day will be spent at your own leisure. Evening group dinner will be at The Kawayan restaurant and for those interested in some live music can wonder down into town.

#### **Day 11 – 17/7/2019**

**Only when something ends, there is space for new beginnings.** Bon appetite - A morning of delicious foods to complete our journey together. Take a walk along the beach or dive into the ocean. Depart for your next destination with the clam spirits of Siargao Island.

#### **Retreat facts**

**Location:** Siargao Island, Philippines **Trip Duration:** 10 nights / 11 days

#### **Price**

**Standard Fee:** \$2795

**Early Bird Fee:** \$2595 (*Due by March 9<sup>th</sup>*)

A non-refundable deposit of **\$500** is required to secure your position. Please supply Tonya with your name and email to make the deposit. Final payments can be made through this link:

<https://createspace.yoga/retreats/create-balance-2019-07-07/book> *Please Note: Any payments made via this link are non-refundable.*

### **Accommodation**

Twin share accommodation. If you would like your own room, please let me know. The extra cost will be \$400 per person.

Onsite pool, yoga studio, yogic restaurant & walking distance to the beach.

With mindfulness and great care this accommodation services balance, comfort and community, catering to the needs of each individual so that he or she may deeply experience the natural way of living.

### **Yoga**

Daily yoga will be held in the Japanese style studio. The way of life at our Siargao retreat is to celebrate and honour the wholeness of existence in our day to day as much as in our chosen practices.

### **Meals**

We believe a healthy and nutritious diet is most important. All meals will be prepared to support your daily yoga practice. **Our specialties include: Local Cuisine, Raw Desserts, Raw mains & Vegan cuisine.** Should you have any dietary requirements, please advise, and we will arrange to have this accommodated.

### **Flights (not included)**

1. Home to Manila Ninoy Aquino International Airport
2. **Manila to Siargao** - Manila, Domestic Terminal 4 (MNL) - Siargao-Surigao, Sayak Airport (IAO)

### **Travel Insurance**

Please purchase your travel insurance before you fly. We recommend Southern Cross Travel Insurance.

Link below.

<https://www.scti.com.au/>

Please purchase your travel Insurance as soon as the retreat is booked as per our terms and conditions once payment has been made it is non-refundable.

### **Currency and Money**

The Philippine peso is the official currency in the Philippines.

Outside of larger cities, functioning ATMS can be difficult to be find. To be on the safe side it is advised to stock up on cash before arriving on the island.

### **Passport and Visa requirements**

A valid passport is required for participation in this retreat. It is necessary that your passport is valid for **6 months from the date you intend to return home.**

Visa is not required unless you are travelling for 30 days or more.

We suggest that you carry a couple of photocopies of your passport, visa and any other important documents when travelling.

### **Internet and Wi-Fi capability**

Internet is available however it is limited and can be quite slow.

### **Health information**

Please consult a doctor concerning health precautions, immunizations, and prescriptions based on your physical condition and medical history. Please note this should be done 3 months prior to travelling, as some vaccines require several weeks following the injection to become effective.

### **Climate**

Air temperature is 28-34° C and water temperature is 28-30° C.

### **Packing list**

The key is to pack light and, as it's going to be warm, pack clothing that is light and breathable. Bring adequate sun-protective clothing and gear, including a hat or visor and sunblock, as we will be out for extended periods of time.

Think things like:

- Cotton, breathable t-shirts
- Singlet tops

- Long-sleeve shirts to pull over your swimmers when you're on a boat to protect you from the sun
- Dresses and or skirts
- Sarong
- Shorts
- Pyjamas/sleepwear
- Hats
- Swimwear
- Yoga wear
- Light-rain jacket
- Comfortable walking shoes
- Flip flops/sandals
- Beach towel
- All toiletries
- Camera
- Adaptor for electronics
- Journal
- Good book
- Day bag – waterproof bag
- Umbrella
- Hand sanitizer
- Insect repellent
- Sunscreen
- Sunglasses
- Headlamp or torch
- Travel sheet (optional)

We also recommend leaving most of your valuables at home. Expensive phones, jewellery, laptops etc. If you are travelling before or after the retreat, there will be a locked room at our hotel to secure extra luggage if needed.

### **Checklist**

Flights Passport

Travel Insurance

Visit your travel doctor

All payments finalised

All documents signed and submitted Print copies of travel documents Exchanged currency

Pack

### **Let the countdown begin!**

We can't wait to welcome you to this magical place.

*Many thanks from the Creating Space Team*