

Private Yoga Retreat

Nov 4th - 9th South Stradbroke Island

5 days - 8 guests

Breakfast: \$8 pp/day

Drinks: milk (soy, light and full cream), coffee, tea (black and herbals), juice, water

Food: Bread, Butter, Jam, omelette (many flavours), yogurt, muesli, fruit salad

Lunch Options (choose 5): \$12 pp/day

Raw Pad Thai

Quinoa Tabouli Salad

Kale, Quinoa, Sundried Tomatoes & Oranges Salad

Quinoa, Feta, Tomatoes, Cucumber, Coriander, Lime, Pumpkin seeds

Brown Rice & Lentils Middle Eastern Style Salad

Chickpeas, Rockets, Roasted Pumpkin, Cashew Salad

Avocado, Sundried Tomatoes, Pesto, Lettuce, Nuts, & Mix Beans Salad

Afternoon Tea: \$5 pp/day

Fruits & Nuts

Dinner Options (choose 5): \$15 pp/day

Moroccan Quinoa Couscous

Quinoa Paella

Grilled Haloumi, Roasted Veggies & Grains Warm Salad

Mexican Sweet Potato & Mix Grains Salad

Mix Rices (Basmati, Brown, Wild), Nuts & Fruits (Fresh & Dried) Warm Salad

Dahl Kofta served Chutney & Side Salad

Vegan Garam Masala Patties Served with Tzatziki & Side Salad

Add Raw & Light Desserts: \$8pp/meal

Extras: \$200/day chef + 150/driving- Island Crossing