

Yin and Meditation Retreat



A place to simply *be*

This non-residential retreat will be held over three days from Friday 18th to Sunday 20th September 2026. The retreat creates time and space to enquire into the nature of being, while also surrounding yourself with the essential elements to conjure up feelings of peace, serenity and a deep sense of wellbeing.

This is time for you to set aside the demands of day-to-day life and relish the smell of native gums, the sounds of kookaburras and magpies, enjoy a swim or stroll along the beach, and meet a kangaroo.

This weekend is for you to just *be*.

 Sherrie Laryse

www.sherrie.com.au :: hello@sherrie.com.au

About Our Retreat

The overview

Starting 3pm Friday through to 1pm Sunday, we will move gently, we will yin, and we will meditate. We will enquire within and we will take time to feel 'life'. We will come together to ask questions and share our experiences—all learning from each other.

Our retreat includes the classes only, which are all held at Arakoon Yoga Studio. Accommodation and meals are not included.

Open to all genders and all levels of experience from beginner yogi or meditator, all the way through to advanced practitioners.

Why a retreat?

Because life is busy. And because life can be demanding. Because, sometimes, we need to carve out a window of time for ourselves. When we allow space for a calmer way of being, our health and our psyche positively influence each other, bringing back a sense of balance as well as feeling re-energised.

We heighten this sense of calm and wellbeing by introducing a range of both ancient and modern practices which leave their mark long after the practice ends. All of these techniques, movement and meditative practices, can be taken away from the retreat and back into daily life for ongoing wellbeing.

Why *this* retreat?

Each retreat is designed for an intimate group of 8-12 people. This isn't about large hotels, or hundreds of other faces. This is about personalisation and a coming together to create space for what you need.

Both yin yoga and the range of meditative techniques offered on this retreat are quiet and introspective practices. They've been chosen because of their immense value in cultivating a sense of peace and even providing the capacity for profound enquiry and deep healing.

Location

Our retreat is held in the beachside town of Arakoon, on the mid-north coast of NSW. Classes will be held at Arakoon Yoga Studio: Cnr Phillip Drive and Grey Street, Arakoon.

You can find many accommodation options, some of them within walking distance to both the studio and the beach. Type this URL into your browser to see the options: <http://bit.ly/40XJkya> Additionally, there are listings on Airbnb.

The NRMA Holiday Park at South West Rocks (walking distance from the studio & beach) has a café on site that is open 7:30am – 2:30pm. Restaurants are located in town. You might, therefore, like to bring your bicycle if that's your favourite mode of transport. It's mostly flat between town, the studio, and the beach, making it an easy ride wherever your pedals take you.



Sample Itinerary

Friday

Afternoon arrival centres around a delicious snack platter as we leave routine behind us and settle into retreat-mode. We'll ease into some gentle movement and then into our yin practice to gently apply the metaphorical brakes, slowing life's faster rhythms and setting the pace for our weekend.

There'll be time to meet the other retreaters and then, to ensure you've slowed right down, we will make ourselves comfortable for guided meditation. Afterwards, you may like to then head back to your accommodation or join others for dinner in town.

Saturday

The morning begins with time for a swim, bushwalk, a big nourishing breakfast or a well-deserved sleep in. We will meet at 10am to settle into stillness together and then into a gentle floor-based movement practice, preparing our body for a Yoga Nidra meditation practice.

After a spacious lunch and maybe another swim, we will regroup to move together, and to investigate our own sense of being. Saturday evening Sangha will create space for discussions around this what it means to have this spiritual human experience.

Sunday

Sunday begins again at 10am with a morning practice of attuning to the body via a body sensing practice. This practice heightens sensitivity to our own physicality and sense of being *in* this body. The practice casually morphs into yin yoga where we drop deeper to feel multiple levels of the practice. We will again dive into meditation, and each determine our own tools and cues as a take-home anchor so you can bring the practice with you.

We will close our weekend with a guided meditation to solidify this feeling we each take home.

Inclusions & Fees

Inclusions for each attendee

All yin, meditation and movement sessions
An opportunity to build new relationships with like-minded people
Yoga props for all classes
Retreat led by Sherrie Laryse

Not included

Travel to and from the retreat venue
Accommodation
Meals

Attendee Fee

\$420 per person.

A 50% deposit is due to book your place with the balance due 30 days prior to the retreat start date

To book

Please complete the below Booking Form or email me with the details per the booking form.

You can email me at hello@sherrie.com.au

Once received, you will receive an invoice for the deposit.

When the booking form and deposit have both been received, you are officially going on retreat and can start counting down the days!

Booking Form

First Name _____

Last Name _____

Email _____

Phone Number _____

Emergency Contact (Name + Number) _____

Injuries, health conditions or anything else I should know _____

On a scale of 1 (lowest) to 10 (highest), how excited are you? 😊 _____

Terms & Conditions

By booking, you are agreeing to the following terms and conditions:

Bookings which are cancelled more than 30 days prior to the retreat start date will receive a full refund. Refunds will not be issued for cancellations less than 30 days prior to the retreat start date and, for this reason, travel insurance is highly recommended.

RELEASE: I am aware that I may be included in photographs that may be used on www.sherrie.com.au and associated social media websites.

