

# Yoga in Burleigh Heads QLD, Sept 2019

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**Patrick will be running a 5-day yoga immersion  
Monday 2<sup>nd</sup> Sept – Friday 6<sup>th</sup> sept**



**Do you need a break from Melbourne Winter?**

**Join us for some yoga fun by the beach in the first week of Sept.**

There will be two sessions of yoga a day: 7.30am – 9.30am (active asana class) & 4pm – 5.30pm (restorative and pranayama). Cost \$400 (early bird rate of \$350 if booking before June 10<sup>th</sup>). Classes will be held at The Yoga Room, Burleigh Heads <http://yogaroom.com.au/> all you need to do is find some accommodation nearby, most places on the beach strip are a short walk to the yoga room and the beach.

The nearest airport to Burleigh Heads is Gold Coast (Jet star, Virgin, Qantas and Tiger fly there from Melbourne). From the airport is a 15-minute drive or 30 minutes by bus. Plane fares start from around \$300 return. Burleigh Heads is the quiet end of the Gold Coast with nice walks by the beach, safe swimming and the hinterland is beautiful to explore. For more information: <http://www.burleightourism.com.au/contact-us/>

To see the address and location of The Yoga Room follow the link <http://yogaroom.com.au/contact/>  
For more information contact Patrick on **0402 316 070**.

Regards Patrick