



Deal of the week

Power Living will hold a week-long yoga and lifestyle retreat for men and women next month at the nation's zen capital, Byron Bay. Billed as a "bootcamp for the soul", the seven-day "Immersion" retreat will be held at the seaside Tallow Beach Houses in bushland just south of Byron Bay on the NSW north coast from Saturday, March 19 to Friday, March 25. Aimed at beginners or experienced yogis and billed as a holistic workout for the "mind, body and spirit", the retreat will be led by Power Yoga teacher and Power Living founder, Duncan Peak. The retreat will include daily meditation and yoga sessions accompanied by the sound of the waves 50m away. Also planned are silent "Buddha" walking meditations along the beach, bushwalks, free time to swim and surf, vegetarian ayurvedic cuisine and lifestyle workshops designed to help people love life more, achieve personal growth, gain physical and emotional freedom and combat stress.

The retreat is priced at \$1599 per person, including beach-house accommodation for six nights, all meals, yoga classes and other activities. For bookings or more information, call 02 9904 4874 or visit www.powerliving.com.au





Doorstep deals

➤ **READY TO CRUISE:** The Brisbane River is open for limited use and the city's river cruises are getting back to business with Mirimar Cruises, Kookaburra River Queens, River City Cruises and Brisbane Star Cruises operating. Contact Mirimar Cruises on 042 749 426 or 0419 726 688; River City Cruises 0428 278 473; Kookaburra River Queens 0407 500 843; Brisbane Cruises 0407 500 843; Brisbane Star Cruises 0433 418 569.

➤ **POWER IN TO ZEN:** Yoga school Power Living will hold a week-long yoga and lifestyle retreat for men and women in March at the nation's zen

capital, Byron Bay (pictured). Billed as a boot camp for the soul, the seven-day retreat will be held at Tallow Beach Houses in bushland just south of Byron Bay from March 19-25. Cost is \$1599 a person including beach house accommodation for six nights, all meals, yoga classes and other activities. Tel: 02 9904 4874. www.powerliving.com.au

➤ **MANTRA BOOST:** Escape to Mooloolaba until March 31, staying at Mantra Mooloolaba Beach for three nights but paying for two from \$180 per night in a one-bedroom apartment. Or at Mantra Sirocco, you can stay four nights but pay for three from \$285 per night in a two-bedroom apartment.

Mantra Zanzibar also has four nights from \$260 a night in a two-bedroom apartment. Tel: 131 517. www.mantra.com.au

➤ **BEACH BREAK:** Stay at Wyndham Surfers Paradise in a one-bedroom ocean view deluxe apartment for two nights from \$149 a person twin share. Or, on the Sunshine Coast, stay at SurfAir on Marcoola Beach, where ocean-view deluxe hotel rooms for two nights are from \$129 a person twin share. www.wyndhamsurfersparadise.com.au or www.surfair.com.au

