



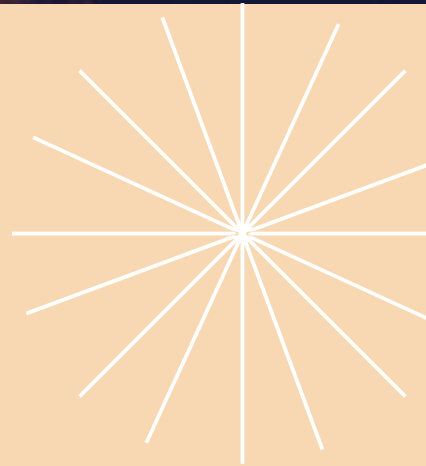
RADIANT SUN YOGA EARTH RETREAT

BROULEE YOGA SHED
REVIVAL

Friday 5th - Sunday 7th
December 2025



recharge in the flows of the sun's universe



The weekend will focus on reconnecting with nature, the elements, spirit and soul through yoga, meditation and activities in the bush and at the beach. Get back in touch with your inner self and the wild earth.

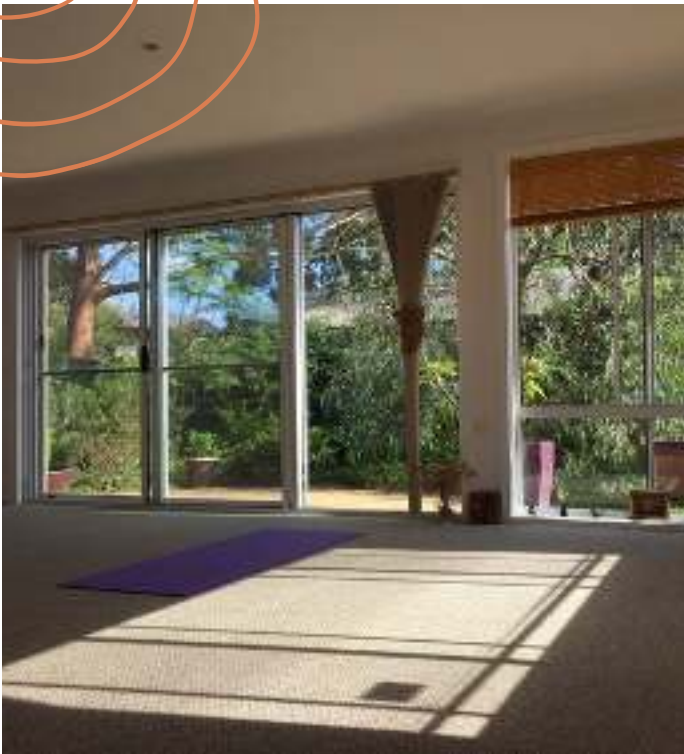
Catherine has been running yoga earth retreats since 2011. Her experience as a yoga teacher, ecologist, deep ecologist, facilitator, celebrant, mother, grandmother, writer, wanderer and walker means that her retreats are unique.

2 She takes you off the beaten yoga track.

NEW LIFE AT THE BROULEE YOGA SHED

The Broulee Yoga Shed hosted regular yoga classes and retreats from 2011-2019. It was closed during the bushfires.

This is the first retreat to be run at the Yoga Shed since then and heralds a new era of yoga earth retreats in Broulee.



The Broulee Yoga Shed is a beautiful, private, light filled garden studio, only a short stroll to the beach and creek. Retreat activities will be held at the Yoga Shed as well as at the beach, headland, river and bush.

Broulee is a beachside village on the south coast of NSW. Only 160kms from Canberra and 280kms south of Sydney, it's an easy drive for a weekend escape.

Broulee is famous for its wild nature – beaches, creeks and forests. It is a perfect place to get back in touch with earth, sun, water, sky, spirit and soul.

YOUR TEACHER

The retreat will be lead by senior yoga teacher and experienced yoga retreat facilitator Catherine Potter.



About Catherine

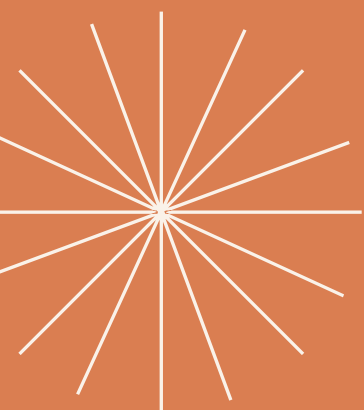
Catherine is a yoga teacher, retreat leader, marriage celebrant and ecologist. She is also a mother and grandmother. As a yoga teacher she guides and support others in their yoga journey. As a retreat leader she creates and facilitates spirited earthy experiences.

Catherine's yoga draws on many influences and incorporates conscious breath, energy, inner focus, fluidity, flexibility, balance, strength, softness, active postures, flowing movement, restorative and yin practices, guided relaxations, silent meditations, chakras, chanting, nature and earthing, silence, stillness, spirit, wholeness, oneness, connection and wellbeing.

Catherine first started yoga some 50 years ago and has been teaching yoga for 18 years. She loves to share the holistic physical, mental, emotional, philosophical and spiritual wonders and benefits of yoga with others.

Catherine owned and operated the Broulee Yoga Shed from 2011-2019. She is stoked to be reviving and revitalising the shed for these new retreats.





reconnect
in the stillness
of nature and soul

INCLUSIONS

The weekend package cost includes:

- morning hatha flow yoga
- sunrise yoga by the ocean
- afternoon restorative yin yoga
- guided relaxations and meditations
- silent bush and beach walks
- re-earthing practices in nature
- discussions on yoga philosophy
- delicious fresh healthy gourmet food all weekend
- two nights' private room accommodation in a shared beach house

Beach House Accommodation

Accommodation for the retreat is at the Broulee Yoga Shed beach house, as well as other holiday houses in Broulee.

The 1970s two storey Broulee Yoga Shed beach house was renovated in 2020. It has a casual beachy retro vibe.

Private rooms with queen or double beds will be available.

Bathrooms in the holiday houses will be shared by a few guests.



Healthy fresh food



Healthy fresh gourmet meals focusing on local produce are provided all weekend – breakfast, lunch and dinner. We cater for all diets including vegan and gluten free.

Past participants have rated the delicious food as one of the highlights of the retreat!



RETREAT PROGRAM

FRIDAY 4.00 PM – CHECK IN TO ACCOMMODATION

6.00 PM – OPENING CIRCLE AND INTRO

7.30 PM – DINNER

9.00 PM – GUIDED RELAXATION

SATURDAY 6.30 AM – HATHA FLOW YOGA

9.00 AM – BREAKFAST

10.00 AM – NATURE WALK AND RE-EARTHING PRACTICES

1.00 PM – LUNCH

1.30 PM – FREE TIME & MASSAGES

4.30 PM – YOGA DISCUSSION CIRCLE

5.30 PM – YIN YOGA

7.30 PM – DINNER

SUNDAY 5.30 AM – SUNRISE YOGA IN NATURE

6.30 AM – HATHA FLOW YOGA

8.00 AM – BREAKFAST

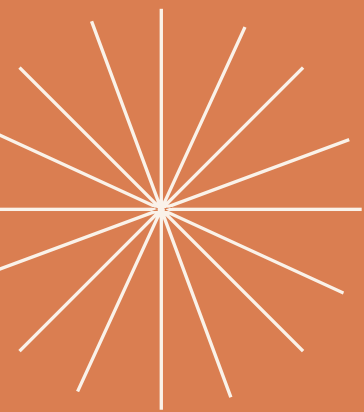
9.00 AM – FREE TIME & MASSAGES

12.00 PM – LUNCH

1.00 PM – YOGA DISCUSSION CIRCLE

1.30 PM – RESTORATIVE YOGA

3.00 PM – CLOSING AND FAREWELL



TESTIMONIALS

The yoga retreat I enjoyed at Radiant Sun Yoga was a remarkable journey. Catherine takes the yoga experience well beyond the confines of the yoga mat to encompass the beach, the forest, the energy flows in nature, poetry and visualisation. There was also fine food, great hospitality and new friendships. I left there with an altered and more expansive appreciation of yoga and its power to transform.

The weekend was a deeply healing experience and I highly recommend the retreat to anyone, whether you are just discovering yoga or have been practising for a long time.

The retreat was amazing, energising, uplifting and nourishing.

Catherine is so nurturing, dedicated, warm hearted and humorous – it was a great pleasure to work with her. I feel that the retreat opened my heart and my connection to myself, through deepening my connection to my practice, the natural environment and the yoga community. The highlights were practising yoga in nature, including while watching the sunrise, broadening my understanding of yoga philosophy, learning about a variety of different practices, and meeting new and wonderful people. Oh, and the food is not only nutritious but the best I've ever had on a retreat!

Thank you for an absolutely lovely weekend – it was an experience to treasure and reflect on for some time to come.

COST AND PAYMENT

The all inclusive retreat cost depends on your accommodation option.

Private room in shared beach house - \$790

No accommodation but all meals - \$590



TO SECURE YOUR SPOT

FILL IN AND SUBMIT THE ONLINE BOOKING FORM ON THE "BROULEE YOGA RETREATS" PAGE ON MY WEBSITE -

WWW.RADIANTSUN.COM.AU/BROULEE-YOGA-RETREATS/

MAKE PAYMENT AS BELOW

Payment via the online direct debit payment system on the Broulee Yoga Retreats page on my website - OR -

Payment by direct bank deposit to:

Catherine Potter
Bendigo Bank
BSB - 633 000
Account - 203 719 299

Please advise me by email when you have made your payment.

BOOKINGS AND PAYMENTS BY 1ST NOVEMBER 2025. THANK YOU

Cancellations

The full payment less a \$100 administration cost will be refunded for cancellations more than 28 days prior to the retreat. The full fee is not refundable for cancellations less than 28 days prior to the retreat. Transfer of fee to another retreat may be negotiated in the case of genuine ill health or emergency.



Radiant Sun Yoga Earth Retreats

Catherine Potter

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FOR MORE DETAILS ABOUT RADIANT SUN YOGA
AND YOGA EARTH RETREATS PLEASE VISIT

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WWW.RADIANTSUN.COM.AU