



THE BOWER AT BROULEE

COUPLES YOGA RECONNECTION RETREAT

Friday 28th - Sunday 30th
November 2025

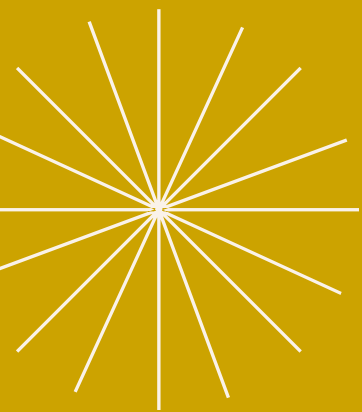


**THE BOWER AT BROULEE
AND
RADIANT SUN YOGA
INVITE YOU TO SHARE A
WEEKEND OF YOGA AND NATURE IMMERSION
IN A PRIVATE FOREST SANCTUARY**



Designed specially for couples, the retreat will focus on reconnecting with nature, your self and your partner through yoga and re-earthing activities in the bush and at the beach

*Retreat to nature to reconnect
with each other*



RECONNECT

Unplug from your busy lives and technology. Plug in to the sounds, sensations and experiences of nature and your inner selves.

The retreat will take you on a guided journey of deep reconnection with wild nature, the elements and your inner selves through active and contemplative yoga, guided meditations and earth reconnection practices.

At The Bower's couples retreat, time slows and hearts soften as you reconnect in the privacy of your own secluded forest haven.

From energising morning rituals to soul-nourishing experiences, every moment invites deeper connection. It's not just a romantic escape – it's a return to what matters most. Surrounded by nature's quiet beauty, you'll find the space to breathe, reflect and rediscover each other.

With every shared moment, you'll feel more aligned, more open, and more connected than ever.

Catering for only five couples this will be a small, intimate retreat.

Book now to reserve your places at this special offering.

Rekindle your connections together

THE BOWER AT BROULEE

Broulee is famous for its beaches and bush. It is a perfect place to get back in touch with nature.

Retreat activities will be held in a marquee beside the dam surrounded by native bush, as well as in the forest, at the beach and on the headland.

Broulee beach is only one km from The Bower entry. The Bower is located 23 kms south of Batemans Bay. It is about a two hour drive from Canberra, and four hours from Sydney.

The Bower is a secluded eco resort, romantic getaway, situated on 100 acres of natural forest adjoining the beachside village of Broulee on the NSW South Coast. It is a unique oasis of nature, privacy and peace.



Private Luxury Accommodation

The “Bowers” at The Bower are high quality, luxury eco villas architecturally designed especially for couples to capture a sense of seclusion, sanctuary and tranquillity.

Each Bower is located in a private native forest setting, at least 100m apart, and separated by a dense screen of natural bush.

They each have a king bed, spa bath, fireplace and deck.

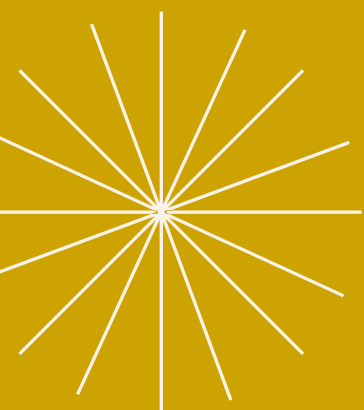


Healthy fresh food

Healthy, fresh, quality gourmet meals focusing on local produce will be 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!



yoga, nature, and the art of togetherness

INCLUSIONS

The weekend package cost includes:

- morning hatha flow yoga
- sunrise yoga in nature
- afternoon restorative and yin yoga
- fun partner yoga
- guided relaxations and meditations
- silent bush and beach walks
- re-earthing practices in nature
- discussions on yoga philosophy
- delicious fresh healthy gourmet food, coffee and teas all weekend
- two nights' accommodation in your private luxury Bower villa nestled in a bushland sanctuary – plus the option to stay Sunday night at no extra cost

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 the Broulee Yoga Shed from 2011-2019, where she ran Yoga Earth Retreats. She is very happy to be co-creating these new couples retreats with The Bower.





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 meditation

SATURDAY 6.30 am – hatha flow yoga

9.00 am – breakfast

10.00 am – nature walk and reconnection practices

12.30 pm – lunch

1.30 pm – free time / massages

4.30 pm – yoga discussion circle

6.00 pm – yin yoga

7.30 pm – dinner

SUNDAY 5.30 am – beach sunrise yoga

6.30 am – hatha and partner yoga

8.30 am – breakfast

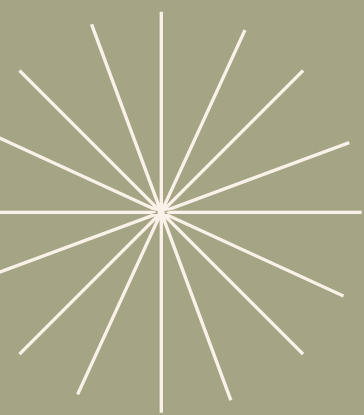
9.30am – free time/ massages

12.30 pm – lunch

1.30 pm – yoga discussion circle

2.00 pm – restorative yoga

3.00 pm – closing



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.

FEES AND BOOKING

All inclusive cost per couple for the retreat is \$3,998.

Early bird price \$3,498.

This includes two nights' accommodation in your private Bower villa, plus an optional 3rd night free on Sunday night.



TO SECURE YOUR PLACES

[CLICK & COMPLETE THIS FORM TO SAVE \\$500 WITH THE EARLY BIRD FEE OF \\$3,498 - MUST BE PAID BEFORE SEPT 30TH](#)

[BOOKINGS AND PAYMENTS ON THE BOWER WEBSITE](#)

[TO GET THREE NIGHTS FOR THE PRICE OF TWO - USE THE PROMO CODE - "RECONNECT"](#)

THEBOWER.COM.AU

ALL BOOKINGS AND FULL PAYMENTS REQUESTED BY 1ST NOVEMBER 2025

Cancellations Terms & Conditions

All cancellations must be in writing and attract a 10% administration fee. The full payment less a \$300 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.

Should there be any risk of cancelling or changing your booking at short notice, we strongly recommend that you take out the travel insurance cover we offer at booking time.



Couples Yoga Reconnection Retreats

Radiant Sun Yoga

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FOR MORE INFO ABOUT
RADIANT SUN YOGA EARTH
RETREATS PLEASE VISIT

RADIANTSUN.COM.AU

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FOR MORE INFO ABOUT THE
BOWER AT BROULEE ROMANTIC
GETAWAYS PLEASE VISIT

THEBOWER.COM.AU