

# Q Station and Skye LifeStyle Sydney Harbour Yoga Retreat

## **Q Station Retreat**

In its breathtaking position at North Head in the natural setting of Sydney Harbour National Park, the former Quarantine Station has been beautifully restored as a unique and culturally significant hotel and conference facility.

Restored guest rooms with verandas and sweeping views have been enhanced with the modern conveniences of the 21st century, and all just 30 minutes by car or ferry from Sydney's CBD.

Surrounded by harbour and bush, hidden coves and famous beaches, Q Station Retreat offers an impressive and often spirited selection of cultural and history tours and the long running lantern-lit ghost tour with many attractions at nearby Manly.

## **Yoga Retreat Includes:**

- Six yoga and meditation classes throughout the weekend
- Buffet breakfast on both mornings at Views Restaurant
- Two course dinner on both nights at the Boilerhouse Restaurant
- Accommodation in single or twin share rooms
- Valet parking
- Entry to the Quarantine museum in the Visitor Centre
- Exclusive access to Q Station's private beach
- Space for relaxation and rejuvenation

Extras (some have additional costs and need at least 48 hours' notice for availability):

- Massages
- Naturopath session on the Saturday
- Quarantine Station history tours or Wharf Wander
- Bike tours or bike hire
- Kayak hire
- Surf lessons in Manly
- Drive to Manly and enjoy a little shopping in the Corso or the cafes
- Walk to North Head

### Guest accommodation

Experience the magic of Sydney Harbour from the privacy of your own room. All rooms feature comfortable queen-sized beds, furnished veranda area, flat screen television, video on demand and high-speed internet access.

View	Bed configuration	Bathroom facilities	Price	Min per room
Garden View Personal	1 Queen bed plus 1 sofa or roll-a-way	Non-ensuite (bathroom is a short walk from your room but not shared with other guests)	\$510	2
Garden View Ensuite	1 Queen bed plus 1 sofa or roll-a-way	Own private bathroom in the room	\$560	2
Garden View Ensuite	King single beds (very limited number)	Own private bathroom in the room	\$610	2
Garden View Ensuite	1 Queen bed	Own private bathroom in room	\$710	1

Harbour View rooms (1 Queen bed no twin share) are also available at \$60 extra per person for the two night stay. *Subject to availability.*

### How to book

Call Q Station Reservations on 02 9466 1551. Payment in full is required at the time of booking. Please quote **September Yoga Retreat**.

If you don't have a friend to bring along with you, don't worry, we will find you a person to share a room with you.

[www.qstation.com.au](http://www.qstation.com.au) / [www.skyelifestyle.com.au](http://www.skyelifestyle.com.au)

