



RETREAT INFORMATION

Getting There / Transport Info

We recommend you book any flights, shuttles, ferries, etc. as soon as possible to get the best prices and times for your arrival and departure at the retreat. Note that your transport costs in getting to and from the retreat are not included in the retreat cost.

By Plane – Brisbane Airport is the closest.

From Brisbane Airport, the Bay-Air Transfers **Shuttle Bus** costs approximately \$55 for the first person, and approximately \$20 for each additional person on the same booking. Visit the [Bay-Air Transfers website](#) for times and fares or call 0422 691 971.

Taxis are available from the Airport and will cost approximately \$80.

By Train

Take the train from Central or Roma Street Station (Brisbane) to Cleveland Station, which takes around an hour and leaves approximately every half an hour. Visit the [Queensland Rail website](#) and click on the Train Journey Planner for more information.

By Car

Brisbane City to Cleveland takes approximately 45 minutes by car, but to be safe allow about 20 minutes extra for traffic and to check onto the vehicle ferry or park if you're catching a passenger ferry. If you wish to hire a car for your stay please contact www.bettacarhire.com who can allow rental cars to be brought over to the Island and can even arrange airport drop off for you.

For people leaving their vehicles in Cleveland there is free public car parking is available at Toondah Harbour, Cleveland. A secure car parking area is also available at a fee through <http://www.stradbrokeferries.com.au>

Access Point to North Stradbroke Island

Ferries depart from Toondah Harbour, Emmett Drive, Cleveland, 4163 Qld and arrive at the township of Dunwich, North Stradbroke Island, 4183 Qld.

Standard cars can be taken to North Stradbroke Island, as the main roads on the island are sealed and easily accessible. The cost of the car ferry depends on the time of day, however usually costs around \$150 return.

If you are a walk on passenger, you can buy tickets at the terminal kiosk or onboard just prior to boarding (there's usually no need to book prior). A privately-run bus meets every ferry arriving in Dunwich, and it will take you to the retreat accommodation (Allure Resort) for approximately \$14 for the return trip.

Vehicle and passenger ferries run hourly throughout the day. The journey takes approx. 50 minutes but it is recommended you arrive 20 minutes before departure for boarding. Some of the ferries available do have air conditioned licensed cafes on board. Vehicle ferry tickets need to be purchased in advance by Telephone: 07 3488 5300 or online at <http://www.stradbrokeferries.com.au>

Accommodation

You will be staying at Allure Stradbroke Resort: 43-57 East Coast Road, Point Lookout (allurestradbroke.com.au)

This is a fully serviced resort so no need to bring bedding.

Check in at Allure Stradbroke Resort is 1pm Friday 7th November 2019

****IMPORTANT: If you arrive after 3:30pm please go straight to the Point Lookout Function Centre (83 East Coast Road, Point Lookout) as this is where the first workshop session will commence at 4pm.**

****NOTE: Resort staff will not be checking you in. Do not go to resort reception.** Instead, upon arrival at the resort, you are required to:

- Meet allocated retreat staff (not resort staff – do not register with reception) out front of the main reception – this is an undercover area
- Retreat staff will check you in and show you to your allocated room
- If retreat staff are busy showing other people to their rooms, please wait at this space and we will collect you from here

Call Erin Ashley on arrival day on 0412 428 995 if you think you will be arriving later than 2pm.

Check out is 11am Monday 10th November 2019

Unless you have upgraded to your own private villa, or have purchased a single ticket, rooms are twin-share. If you wish to upgrade to your own private bedroom, private bedroom with ensuite, or private villa please get in touch with us asap at ask@kurekashley.com (additional accommodation costs will apply).

Catering

Delicious and nutritious catering will be supplied by our awesomely amazing caterer. All breakfasts, lunch and dinners from Friday dinner through to Monday breakfast are included in the retreat, and fruit will be available during main meals.

If you have any special food requirements, allergies, vegan, vegetarian, paleo etc. that you haven't already mentioned in your retreat registration form, please let us know asap at ask@kurekashley.com

Most find that the catering provided is more than enough, yet if you like to snack on anything else beside fruit between meals please bring your own personal snacks.

There is a café/bakery located at accommodation point (Allure Resort) and a Foodworks (*note: island pricing!*) is also located an approximate 20 minute away.

What to Bring

- ✓ Yoga Mat (let us know if this isn't possible and we'll bring one for you)
- ✓ Casual, comfy wear
- ✓ Sneakers/trainers and flip-flops/easy sandals
- ✓ Swimmers & beach towel
- ✓ Sunblock & hat
- ✓ Warm clothes for early morning outdoor activities (possibly a beanie)
- ✓ Stretchy, loose clothing for yoga
- ✓ Rain jacket/poncho and possibly a small umbrella
- ✓ Torch (if you don't have one on your mobile phone)
- ✓ Other personal items
- ✓ Cash to purchase merchandise if you wish

Mobile phones and Wi-Fi

We encourage you to disconnect from your phone and computer as much as possible during the retreat, so you can improve the quality of your retreat time over the 4 days. We understand if you have families and work that you may need to connect in with from time to time, however this is to be done outside of all workshop sessions + activities during the retreat.

Telstra and Optus have the best mobile, although can still be intermittent. Other providers may have intermittent reception or none at all.

Allure Resort offer wifi access in the public resort spaces e.g. by the pool, at a charge e.g. \$5 for 6 hours. There is no wifi available in the rooms.

Contact information

If you have any questions prior to the retreat, or need to get in touch with us at any stage please contact **Erin Ashley on +61 412 428 995** or ask@kurekashley.com