



1 NIGHT YOGA NIDRA NATURE RETREAT

LIFFEY, TASMANIA







SACRED SPACE





9am Saturday 11th April 2026

12pm Sunday 12th April 2026



SHARED TWO BEDROOM CABINS



Each cabin at Liffey has 2 bedrooms, a bathroom, lounge & kitchen.

If you prefer to have an entire cabin to yourself, it will be offered subject to availability at an additional fee of \$222.

Cabins do not have any phone/wifi service - the perfect technology detox.

Should you need phone access, there is service 5mins walk away near the yoga nidra/communal tea room.

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Join Tina for this wonderful opportunity to deepen your understanding and experience of Yoga Nidra in nature.

PACKAGE INCLUSIONS:

- 1 night's accommodation
- vegetarian meals
- 3 x yoga nidra sessions with Tina
- 1 x 3hr walk to Liffey Falls (optional)

PRICING

\$888 per person

If you have registered for the 6 week Yoga Nidra Immersion with Tina, you are eligible for a 25% discount off the Retreat price

