

YOGA › MASSAGE › DELICIOUS HEALTHY MEALS › SNORKELLING › COOKING CLASS

REFLECTIONS RETREAT
VANUATU

APRIL 2023 – MARCH 2025

Find peace
& paradise
in Vanuatu

ALL INCLUSIVE
BOUTIQUE HEALTH
& WELLNESS RETREAT

VILLAGE TOUR › KAYAKING › NATURE WALKS › WEAVING DEMONSTRATION

UNPLUG & RECONNECT

REFLECTIONS RETREAT
VANUATU

Reflections Retreat is a boutique health resort located in Havannah Harbour, Vanuatu.

Our thoughtfully designed offering ensures everything is taken care of for you during your stay, so you can fully unwind and immerse into the tranquility of this special place.

Reconnect with yourself and nature through daily yoga practice, nature walks, swimming, snorkelling and kayaking.

Take the opportunity to unplug with a digital detox, nourish yourself with delicious healthy meals, beverages, cooking classes and relaxing massages.

Connect with locals on an island village visit, take part in the sharing of traditional knowledge through weaving & coconut demonstrations, search out and experience local treasures during a Port Vila shopping tour.

Book the whole retreat

Reflections Retreat is also available to book exclusively for groups, families and private retreats.

PRICES & CONDITIONS

APRIL 2023 - MARCH 2025

RATES

Accommodation type	Apr 2023 – Mar 2024	Apr 2024 – Mar 2025	Conditions
Standard rate per day – single	\$450AUD	\$480AUD	Minimum two-night stay
Standard rate per day - double/twin	\$600AUD	\$660AUD	Minimum two-night stay
Cottage rate per day – Single	\$500AUD	\$530AUD	Minimum two-night stay
Cottage rate per day – Per additional person (up to four people)	\$150AUD	\$170AUD	Minimum two-night stay

BOOK THE WHOLE RETREAT

Accommodation type	Apr 2023 – Mar 2024	Apr 2024 – Mar 2025	Conditions
Whole retreat rate (per day) (use of 4 suites)	\$1800AUD	\$2000AUD	Maximum of eight guests. Minimum three-night booking
Whole Retreat rate plus the Cottage (per day)	\$2400AUD	\$2650AUD	Maximum of twelve guests. Minimum three-night booking.

> HOW TO BOOK

For information about retreat availability and bookings please email info@retreatvanuatu.com

INCLUSIONS

REFLECTIONS RETREAT VANUATU



- Airport transfers
- Suite accommodation
- Three meals a day
- Drinking water
- Daily yoga class (five days per week)
- Onsite activities
- Use of water sports equipment
- Relaxation massage (one per three-night stay)
- Cooking demonstrations
- Coconut and weaving demonstrations
- One guided activity per day* including – home reef snorkeling, a boat snorkeling tour, a kayak tour, local island village tour, harbour sightseeing tour, local river hike, island mountain hike (for the adventurous) and a Port Vila shopping tour.

*Specific activities may be requested but will be provided at the discretion of management based on weather suitability and staff availability.

Drinks & Snacks

- We provide drinking water, tea & coffee. We do not include any other drinks in our packages. However, guests are welcome to BYO both alcoholic and non-alcoholic drinks. Fridge space will be provided for their storage.
- Snacks are not provided. However, guests are welcome to BYO snacks. Cupboard or fridge space will be provided for their storage.



PAYMENTS & CANCELLATION

REFLECTIONS RETREAT
VANUATU



Whole of retreat bookings and multiple (2 plus) room bookings

- A \$2,000 deposit is due within two weeks of booking. The balance is due four weeks prior to the scheduled arrival date. The cancellation charge is \$2,000 up to four weeks prior to arrival date and 50% of booking up to 14 days prior to arrival date. There is no refund available for cancellations less than 14 days prior to scheduled arrival date.

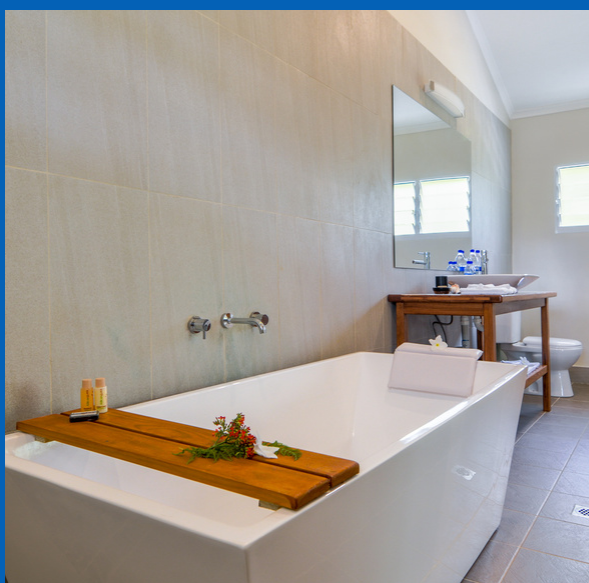
Single room bookings

- Full payment is due four weeks prior to the scheduled arrival date. The cancellation charge is 20% of the booking cost up to two weeks prior to arrival date. There is no refund available for cancellations less than 14 days prior to scheduled arrival date.
- Non-refundable payments may be credited against future stays at the retreat at the discretion of management.



THE SUITES

ACCOMMODATION



There are four guest suites, and they all have either a river view or an ocean view and come complete with air-conditioning and ceiling fans. The suites have the option of either a king bed or twin bed configuration. There is a separate lounge area and a writing desk. The bathrooms are well appointed with a separate bath and shower. There is a comfortable daybed on the front deck of each suite.

THE COTTAGE

ACCOMMODATION



The Cottage at Reflections Retreat has two bedrooms and one bathroom (no bath). It is located at the back of the property, without water views. There are fans throughout the cottage and both bedrooms have air-conditioning. The bed configurations are one king bed and two single beds. There is a private deck attached to the cottage, complete with plunge pool and hammock. The Cottage has a kitchenette and fridge available for use, as well as a separate living area.

DELICIOUS HEALTHY MEALS

REFLECTIONS RETREAT
VANUATU



Our philosophy is that great food is an essential component of our guest's experience. We pride ourselves on providing delicious, tasty, and healthy meals for guests - all our meals are freshly made each day using the best local produce.

Our menus centre around a healthy plant-based formula; at the same time, we do include both meat and vegetarian/vegan options with each meal. Our kitchen is wheat and dairy free and our recipes are low in free sugars. All dietary requirements are individually catered for by our in-house nutritionist.

GENERAL INFO

REFLECTIONS RETREAT VANUATU



Internet service & electricity

There is internet service in the guest dining area but none in the guest suites. There are plenty of Aus/NZ standard power points, both in the dining area and the guest rooms, for charging any devices that you bring with you.

What to bring

- Sun hat & sunscreen
- Swimming costume plus rash vest
- Reef shoes, to protect feet in the water
- Snorkeling gear (if you have it)
- T-shirts, short and thongs/sandals
- Stretchy clothes for yoga
- Water bottle, to help us minimise single use plastic on the property
- Walking shoes - if you would like to go hiking
- Books, games, or anything else you would like for entertainment

You are welcome to BYO alcohol and any snacks that you would like. There is a fridge in the kitchen that you are welcome to use.

Travel Insurance

We highly recommend all guests purchase travel insurance for their trip that includes COVID cover.

SAMPLE ITINERARY

5 DAY, 6 NIGHT YOGA RETREAT

This is a sample only - available as a reference point to support Retreat Coordinators in planning their ideal retreat.

SUNDAY

Afternoon arrival
(Airport transfers as needed)
5.30pm Welcome
6.00pm Dinner

MONDAY

7.15am Yoga
9.00am Breakfast
9.30am Health talk
10.00am Tour of the day
1.00pm Lunch
Afternoon - Massages, private consultations, water sports & relaxation
4.00pm Yoga
5.30pm Dinner
7.00pm Meditation

TUESDAY

7.15am Yoga
9.00am Breakfast
9.30am Coconut demonstration
10.00am Tour of the day
1.00pm Lunch
Afternoon - Massages, private consultations, water sports & relaxation
4.00pm Yoga
5.30pm Dinner
7.00pm Meditation

WEDNESDAY

7.15am Yoga
9.00am Breakfast
9.30am Health talk
10.00am Massages, private consultations, water sports & relaxation
12.30pm Lunch
Afternoon - Tour of the day
4.30pm Yoga
6.00pm Dinner
7.30pm Meditation

THURSDAY

7.15am Yoga
9.00am Breakfast
9.30am Health talk
10am Tour of the day
1.00pm Lunch
Afternoon - Massages, private consultations, water sports & relaxation
4.00pm Yoga
5.30pm Dinner
7.00pm Meditation

FRIDAY

7.15am Yoga
9.00am Breakfast
9.30am Coconut demonstration
10.00am Tour of the day
1.00pm Lunch
Afternoon - Massages, private consultations, water sports & relaxation
4.00pm Yoga
5.30pm Dinner
7.00pm Meditation

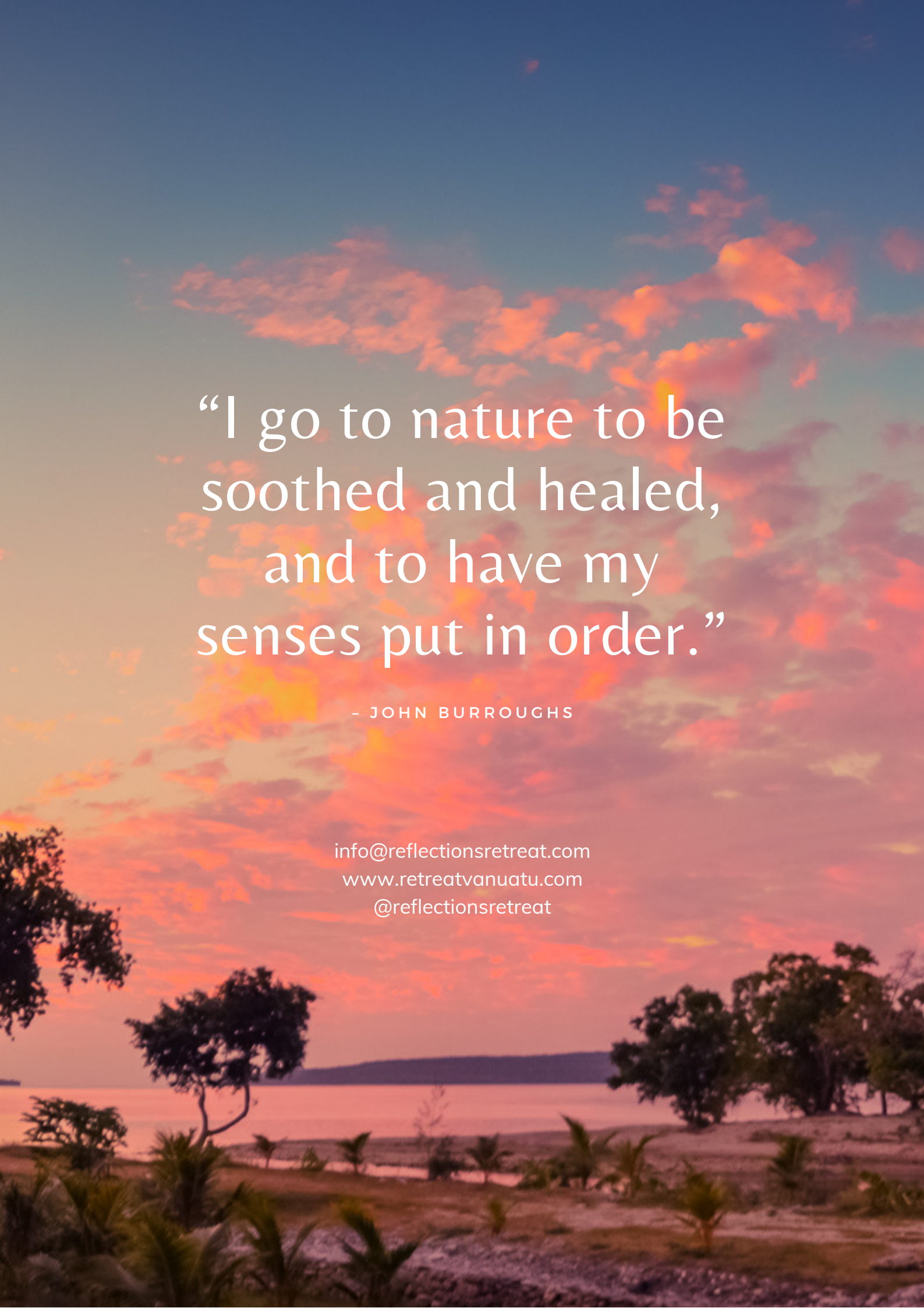
SATURDAY

8.30am Breakfast
9.30am Massages, water sports & relaxation
12.00pm light lunch
(Airport transfers as needed)

SAMPLE MENU

5 DAY, 6 NIGHT YOGA RETREAT

BREAKFAST	LUNCH	DINNER	NOTES
Veggie fried eggs, served with protein bread	(Sushi & Rice paper wraps (egg and/or salmon)	Green Thai Curry served with chicken on the side Steamed (brown) rice Salad Vanilla Chia Mousse (V)	Water, tea and coffee are available with breakfast.
Vegetable Omelette	Buddha Bowl – vegetables, beans, rice noodles and nut cream, with seed crackers (V)	Aromatic Beef cassoulet, served with mixed vegetable rosti and salad Chocolate cake + fruit	There is always a vegetarian or vegan option available for meals. The entire retreat menu can be made vegetarian if requested.
Banana and almond meal pancakes, coconut yoghurt and fruit salad	Chickpea salad with mustard dressing (V)	Sweet and sour soup Lemongrass pork sticks Steamed (brown) rice Salad	Rice or potato is served with most dinners but is optional as there is always lots of salad.
Mixed vegetable Rosti stack with smoked salmon and nut cream	Vegetarian Pad Thai	Salmon baked in Oyster sauce and coriander marinade, Nutty mashed potato Salad Raw raspberry cake	All meals are gluten and dairy free unless otherwise requested. (V) = vegan
Seaweed egg roll with mushroom pate and protein bread	Beef salad	Veggie soup Cashew chicken Steamed (brown) rice Salad	Almost everything served at Reflections is made from scratch in the kitchen.
Eggs benedict	Chicken salad	Egg drop soup Lemongrass fish Mixed herb baked vegetables Salad	We do occasionally add sugar to meals, in a sauce or a dessert; but the amount is very small and usually in the form of raw honey.

A vibrant sunset scene with a sky filled with orange, pink, and blue clouds. In the foreground, there are silhouettes of palm trees and a sandy beach. The ocean is visible in the middle ground, and a distant landmass is on the horizon.

“I go to nature to be
soothed and healed,
and to have my
senses put in order.”

- JOHN BURROUGHS

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www.retreatvanuatu.com

[@reflectionsretreat](https://www.instagram.com/reflectionsretreat)