

Glamping & Grounding Yoga Retreat ***Reconnect, Recharge & Rejuvenate***

Friday 13 to Sunday 15 March 2026

Olio Bello Lakeside Glamping
36 Armstrong Road, Cowaramup

Escape the hustle and reconnect with nature at the “Glamping and Grounding Yoga Retreat”, designed to blend luxurious comfort with soul-nourishing experiences, set against the tranquil backdrop of pristine lakes and olive groves. Ideal for individuals seeking a rejuvenating escape and anyone craving a deeper connection with nature and self.

This retreat offers participants the perfect balance of restful luxury and grounding practices. Through yoga, meditation, and mindful nature activities, attendees will reconnect with themselves and the earth, fostering inner peace and clarity. The retreat will balance structured sessions with personal reflection time or a chance to include other activities, fostering peace and connection with nature:

Yoga and Meditation in Nature

Embrace mindful movement, relaxation, breath work and meditation surrounded by serene landscapes guided by Nicky of True Equanimity Yoga, a qualified Dru Yoga, Meditation and Breath Coach. This is a yoga in nature retreat and there is no indoor venue for practice so the program will be flexible weather permitting. Plan to dress for all weather including sun and rain protection. You might want to include your bathers and beach towel if we make a trip to the beach. If bringing a yoga mat ensure it is one that you don't mind getting some earthy dirt on it! There will be no props provided so please bring your own cushion, bolster and blanket as required. Don't forget a water bottle to keep hydrated, hat and sunscreen.

Nature Immersion

Enjoy peaceful walks in the grove, yoga in nature, lakeside reflection, and star-lit evenings perfect for mindfulness meditation. The charming township of Cowaramup and beaches of Gracetown are all within minutes drive from the farm.

Lakeside Luxury

Unwind in eco-chic glamping tents combining comfort with nature's simplicity on a 320 acre olive farm. Each bungalow features an ensuite, kitchenette and can be configured as either a king bed or twin single beds.

Gourmet Hub

Walk to the cafe and explore the farm shop and tasting room which offers a relaxed and authentic rustic style farm to table experience. A 10% VIP discount applies for all purchases during your stay.

Beauty and Wellness

Experience the Olio Organics range of skin care and home products including essential oils and candles. You can even book ahead for a spa treatment using the products in your bungalow. (Note: not included in cost of the retreat)

Accommodation

You will be staying in one of sixteen luxurious safari-style glamping bungalows nestled around a spectacular lake. On a still night you can even hear the ocean waves or enjoy some star gazing from your deck. Luxury features include:

- King Bed or Twin Beds option
- Private ensuite (including hair dryer)
- Kitchenette (tea & coffee making facilities)
- Bespoke interiors
- Wifi
- Air conditioning and ceiling fans
- Luxe linen and robes
- Daily breakfast basket
- Welcome gift
- Check in from 3pm
- Check out by 10am
- Venue is non-smoking
- 10pm noise curfew

For more details of the accommodation and venue visit <https://oliobello.com/>

Meals

A breakfast basket will be provided on Saturday and Sunday morning. A Welcome dinner will be hosted at the Cafe and will feature shared grazing boards, fresh salads and a selection of mains including handmade pasta and wood fired pizza. Lunch will also be at the Cafe on Saturday and guests can choose from the cafe menu and there will also be a sweet treat, coffee or signature olive leaf tea. Saturday evening we will picnic by the lake with “Glamper Hampers” featuring a selection of gourmet delights. Alcohol is not included in the retreat cost but can be purchased at the fully licensed cafe and there is a mini-bar in the bungalows. Extra drinks and snacks can be purchased at the Cafe which is open 10am to 4pm daily.

About Your Host and Facilitator

Nicky of True Equanimity Yoga is a qualified Dru Yoga and Dru Meditation teacher, Dru Breath Coach, a registered Level 2 teacher with Yoga Australia and a member of The Meditation Association of Australia. She has also completed Mental Health Aware Yoga teacher training and her business is an Act Belong Commit community partner.

Her teaching style is person centred, authentic, connected, heart felt and nature based. Her yoga classes are focused on “innercise” and mental health and well being, rather than exercise or fitness based. She resonates with the equanimity that Dru Yoga and Meditation gives her as it balances all the layers of her being – physical, emotional, mental and spiritual.

Nicky believe's yoga is for everybody and every “body” and should be sustainable by adapting to varying needs depending on our health, lifestyle and age. Her teaching focus is on keeping students safe and encouraging them to listen to their own body's needs. Regular yoga, meditation and breath practice has transformed her life, creating improved work/life balance and cultivating a new realm of inner peace, stillness and resilience.

Cost:

Glamping Bungalow x 1 person (King Bed) \$1000

Glamping Bungalow x 2 people (King Bed) \$1200

Glamping Bungalow x 2 people (Twin Beds) \$600 per person

A 20% deposit is required to secure your booking. Payment plans can be arranged and full payment must be finalised by 5 December 2025. No refunds are available if cancelling after this date however the booking can be transferred to another person.

Event Terms and Conditions:

Please read the [True Equanimity Yoga Privacy Policy](#) and acknowledge that by registering for the event, you will be added to the contact and email subscriber list of True Equanimity Yoga. You can unsubscribe at any time from either list.

Photos and videos will be taken at the event by the organiser which may include your image and/or voice. This media will be used by True Equanimity Yoga for marketing purposes. By registering you are providing consent for your image or voice to be used in this way. Should you wish to withdraw this consent, you must advise the organisers.

Participants must be at least 18 years of age to attend the retreat. No pets allowed. No smoking venue. Please respect the privacy and comfort of other retreat participants and keep noise to a minimum after 10.00pm.

If the booking is cancelled before the 5 December 2025, the deposit and any further payments will be refunded. No refunds will be made after this date however the booking for the retreat can be transferred to another person, please contact the organiser to arrange. The organiser is not able to offer partial refunds for participants arriving late or leaving early. The event organiser reserves the right to change the location of the retreat venue due to unforeseen circumstances. All participants and organisers agree to abide by any health regulations in place at the time of the retreat. Should the event be cancelled by the organisers, a refund of the registration cost will be offered.

Understand that participation in the retreat activities, which will be all held outdoors, is at your own risk and neither True Equanimity Yoga nor the venue will be held liable for injuries or reactions sustained while participating. Use your own discretion should you not wish to participate or withdraw from participating due to knowing your own limits. If at any time during the event should you feel uncomfortable for any reason, please notify the organiser immediately. The organisers have current First Aid and Mental Health First Aid training. Should emergency health care be needed, an ambulance will be called at your expense.

All information provided during information sessions and workshops is for your own consideration and reflection. Practices and information presented are provided as general information only and should not be used as medical advice. The practices provided are forms of complementary medicine and they do not replace medical advice or treatments provided by other medical professionals. If you have any concerns, please see your General Practitioner or other medical professional prior to attending the retreat.

Any further questions or queries please contact Nicky at nicky@equanimity.yoga or call/text 0450 604 521.