

Heart and Soul's Yoga Space

Centrally located in the eclectic town of Murwillumbah by the beautiful Tweed River, Heart and Soul's Yoga Space is ideal for yoga and meditation classes, yoga intensives, workshops and events. The Yoga Space is the heart of Heart and Soul of Wellness, a large, beautiful room filled with light, crystals and the stunning feature Zakay light. It is available for hire for weekly classes, courses, and workshops as well as meetings and events.

Heart and Soul of Wellness is conveniently located just minutes away from Murwillumbah's CBD, 45 minutes from Byron Bay and half an hour to Gold Coast airport.

Our intention is to offer you a warm and inviting space and to provide you with the excellent facilities you need to conduct your classes. The kind of programmes we feel would be in keeping with our intention as a healing and wellness centre would include Yoga, Meditation, Mindfulness, Nutrition awareness, Parenting, Childbirth preparation and Health workshops.

The room is fully equipped with eco-friendly yoga props and the room comfortably holds a maximum of 15 yoga mats.

- Heart and Soul Yoga space offers:
- TV and audio system
- Bathroom and kitchen facilities
- Heating and cooling
- Eco-friendly yoga mats, bolsters, blankets and eye pillows
- Car parking out the back in Factory Lane

Weekly Classes or Courses

The room is available for hire on an ongoing weekly basis or for short courses. There is a minimum commitment requirement and a short notice period should you decide to no longer teach the class. For information on availability and pricing please email us your preferred class times and details of the class.

Workshops & Events

The Yoga Space is available for hire for workshops and events during the week, Friday nights and weekends. We have hourly rates, half day and full day rates.

For information on prices for Workshop & Events, availability and pricing please email us detailed information about your event and your preferred dates.

admin@heartandsoulretreatspace.com

<https://heartandsoulofwellness.com.au>

Included in your hire: Promotional support in the form of:

- Event listings on website
- Advertising on the Heart and Soul webpage and Facebook

- Space on in-house noticeboard
- Wifi and computer access at the reception desk

We at Heart and Soul of Wellness have the following room hire options:

Consulting rooms

Our three consulting rooms are suitable for individual practitioners' consultations.

Citrine Room ~

is comfortable and ideal for counsellors, naturopaths, homoeopaths or anyone who doesn't need a massage table. It is available on an hourly, daily and weekly basis or for a one - off consultation. Air conditioning /heating is installed.

- Casual - \$20 /hour
- Halfday-\$30
- Fullday- \$60

The Rose Quartz Room~

A massage table is available in this room, plus heating/cooling.

- Casual-\$20/hour
- 4hour block-\$40
- 8 hour block-\$80
- Full-day-\$80

The Amethyst Room~

A massage table is in this room, plus heating/cooling.

- Casual-\$20/hour
- Half day-\$35
- Full day -\$70

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- Per class:1.5hour-\$35

Workshop Hire

* Registered NOT FOR PROFIT Organisations; meetings/workshops \$15 per session *

Room hire payments due on the last Friday of each month via bank transfer.