

Bodhi & Oliyoga retreat



Oliyoga and Bodhi Education unite their expertise and shared passion to present a unique, all-inclusive weekend retreat for parents and children.

Immerse yourselves in a nurturing experience of self-care, yoga, mindful connection, and Montessori-inspired exploration.

Spend a weekend with us in an idyllic setting among the coves and pine and eucalyptus forest, a haven of untouched nature, on Saint Marguerite island.

Our accommodation for the weekend will be in a shared dormitory at the magnificent, newly renovated Fort Royal, a classified historical monument.



This is a unique opportunity to explore and strengthen the bond between parent and child while creating lifetime memories.

Parents and children will experience tailor-made activities designed to help you disconnect from daily stresses and reconnect with each other.



• Parent & Child Weekend •

Schedule

Saturday

14:00 | Ferry

15:00 Yoga Duo

15:30 Kids: Children's Circle

Adults: Yoga

Settle into rooms

Family English Fun Circle Time

18:00 Earth Element

19:00 Dinner

20:30 Air Element Mantras

Sunday

11:30

7:45 Kids: Pyjama Meditation Adults: Meditation

8:30 Breakfast

10:00 Kids: Fire Element Challenge

Adults: Fire Yoga

12:00 Lunch

14:00 Water Element Ritual

16:00 Closing Circle Ether

