



Alaya Escape Facilities Use and Massages

The use of our Float Tanks, Hot and Cold Cedar Tubs and Sauna are optional extras for consideration when staying at the retreat. We do not include these in the booking price, outside of retreats, as not all people are interested in utilising them and we aim to keep the prices down, whilst honouring what we are.

We consider these bio-psychological facilities as literally life changing, in conjunction with other methods and modalities; particularly with the way that we structure and promote their use. In combination, they will change your 'state', completely de-stress you and often times offer 'mystical experiences' and a sense of awe which continually amazes us.

1. Floatation Tank: (REST - Reduced Environmental Stimulation Therapy).

Our tank has 40cm of 34.5 degrees C (skin temperature) water with 400 kgs of **German magnesium** dissolved in it. The float tank removes sensory input (sight, sound, touch, smell) and provides a vehicle to experience inner states of somnambulism (deep delta wave states), let go, relax and be fully weightless in a safe and peaceful environment. Learning to be present, silent, undistracted and alone is an imperative for psychological wellbeing.

- 90-minute float for one person - \$85
- 2 x 90 minute float experiences- \$150

2. Tradition Finnish Sauna: The easiest way to manipulate our neurochemicals to manifest a pervasive sense of awe and gratitude. Our hot rocks red cedar sauna is made of Canadian-sourced red cedar and used in tandem with pool / cold tub plunges is one of the most profound experiences imaginable. Amazing physical and psychological health benefits!

- 90 minute sauna for up to 2 people - \$80
- 2 x 90 minute sauna packages for 2 - \$150

3. Massages: (in bungalows or Bali huts - we can't guarantee times or massage therapists availability, but it is rare that they can't come out):

- 2 x 60 min massages - \$220 (The full Kahuna Experience)
- 2 x 45 min massages - \$180 (**Most popular guest massages**).

4. Canadian Red Cedar Tubs: Hot and cold water immersion with the calming effects of red cedar. Hot tubs (28 to 36 degrees C) and Cold Tub (4 to 11 degrees C) are one of the most invigorating activities we know.

- 1 x 90 minute session for 2 people - \$85.

Wellbeing Packages:

1. Floating Sauna Package (for 2 people) - \$200

- 1 x 90 minute sauna
- 2 x 90 minute floats.

2. Immersion Package (for 2 people): \$200

- 1 x 90 minute sauna
- 1 x 90 minute tubs.

3. Decompression Package (for 2 people): \$375

- 1 x 90minute sauna
- 2 x 90 minute floatations
- 2 x 45 minute in-room massages

4. The Ultimate Package: \$450

- 1 x 90 minute sauna
- 1 x 90 minute hot and cold tub immersion
- 2 x 90 minute floatations
- 2 x 45 minute in-room massages.

All of these packages are for 2 people.

Detailed information will be texted to guests and coupled with a practical walk through of the facilities chosen so as to ensure safe and correct use and to maximise guests' experiences. Please note that under NO circumstances are you to enter the facilities without permission and discussions with Alaya staff.

***Our timings** (ie 90 mins) are guides and we are flexible with the time you require (over / under).The most important things to us are your experiencing something mind blowing without worrying about or focusing on external things. Be selfish and take YOUR time to completely let go and peel off accumulated layers.

**** By utilising our facilities, you are taking full responsibility** for your own health and safety, as well as the integrity and good order of our equipment.

*****Please consult with medical professionals before seeking to use the sauna.** Guests who are pregnant or have underlying cardiovascular / pulmonary conditions are prohibited from entering the sauna.

Restaurants, Craft Beers and Cheap Eats:

We have experienced all of the following food related ventures and we have included them due to the following criteria: **proximity from the retreat (within 20/25 mins mostly); quality of food and experience; and, service and hospitality.** In no particular order, some great food journeys and experiences for you could include some of the following and please feel free to ask for more information:

TAKEAWAY local favourites. Can eat in many of these also, but probs better for pick up and go:

- **Delhi Delicious** (7 min drive Mooloolah) - The best Indian food we have tried except for one time in Cambodia - long story 😊! Traditional, authentic and absolutely cheap as chips! Ambience is not exactly happening, but the food is truly exceptional. The Chicken Tikka Masala (spicy) is outrageous and so are there vegetable curries. PH: 5494 7384
- **Muang Thai** - (7 min drive Mooloolah) Local Thai food that is reportedly out of this world according to the hype from locals. Pricing at low to mid-range and a great variety of healthy options. Call ahead as they are always busy which is a great sign of course! PH - 5492 9538.
- **Fish and chips Mooloolah** - (7 min away) Fish and chips, with literally the best chips on the Sunny Coast (with chicken salt). Pretty good burgers and fried fish etc, but the chips are the winner here.
- **Pizzas @ Mooloolah** - Big and loaded pizzas. One is more than enough and make give you an extra couple of chins, but hey, when on holidays.... PH - 5492 9941

DINING IN local favourites. Soak up the atmosphere and kick on for a couple of hours:

- **Rick's Cafe** (10 mins away) - A 50's & 60's themed garage turned restaurant. A fun place with the world's BIGGEST burger and happy hours for cold beers and other beverages. A tourist attraction in its own right! An absolute staple for our family for its good food, cheap beer and relaxed atmosphere. A car lovers mecca on the weekends too with hot rods and collector cars on show Thurs through to Sunday!
- **Piggyback Asian Fusion** (10 mins away) - The same owners as 'Rice Boi' in Mooloolaba and gets rave reviews for its cuisine and theme. Just down the road and a great NEW option PH:5412 1553.
- **Palmwoods Hotel** - (10 min drive Palmwoods) all of your favourite pub fair at reasonable prices, live music and a good large country pub atmosphere - (07) 5445 9003. Can drop you home too.
- **"Pizza Pizza"** - (10 min drive Palmwoods) Simply the best pizza on the Sunshine Coast. Great pizzas and a relaxed and friendly atmosphere! Can sneak a couple of BYO beers in too (PH) 07 5445 0099.

DINING IN local favourites (continued):

- **Mooloolah Country Club:** (15 mins away) A great place for good quality food and a great selection of beers on tap. Also have a game of bowls, pool or watch sport (if that is your thing and your other half doesn't wack you for it 😊)!
- **Oriental Cafe** - (10 min drive Palmwoods) Asian eclectic with possibly the best Asian food (Indonesian, Thai, Vietnamese, Cambodian) on the Sunshine Coast at reasonable prices. Eating in is quite good too with a very nice restaurant. Take away is a cheaper option – (07)5478 8711.
- **Alexandra Headlands Surfclub** (22 mins away) - my personal favourite for lunch or brunch on the surf side eatery (facing the ocean outside). Grab a cappuccino and a brekky wrap, or a fruit smoothy and a chicken and avocado wrap and watch the waves come in. A family favourite and a magic atmosphere (07) 5443 6677.
- **Ocean street precinct** (25 mins)- this place has a vibe straight out of Melbourne. Food from all corners of the world with on-street dining, craft beers, bands and a great feel. Some highlights - 'The Post Office', 'The Sol Bar', 'Duporth Tavern'.
- **King Ludwigs** (20 mins away) - traditional German fair, served in traditional dress, with imported beers and ingredients. 50 different German beers to choose from and very hearty food. A great view and incredible atmosphere. Priced in the medium range, but well worth it. Check in to ensure it is open on your dates (07) 5499 9377.
- **Mooloolaba Wharf** (Parkyn parade – 24 mins away) - the freshest seafood possible straight from the trawlers, as well as many different fine dining restaurants. Near the old 'Underwater World' are some great restaurants with the Thai restaurant ('Rice Boi' PH: 5444 1297) becoming famous for its unique, well-priced, vibrant and modern slant on all of the favourites. A great place for a wander and to take a kilo of prawns or some fish n chips down to the beach with a bottle of wine. Simply a beautiful stretch of beach and a quiet place for a good book too.
- **Spirit House** - (26 mins away) A one-off destination where you truly get what you pay for. This is not a 'budget eats' restaurant, but it is quite simply the best Thai-style cuisine you will ever eat! Bookings essential - (07) 5446 8977.
- **Chenrezig Buddhist Institute** – (500 metre walk) – Not just for Buddhist meditation and teachings, this incredibly peaceful place has wonderful vegetarian lunches, Soy Chai, Coffee and ridiculously decadent cakes. Grab a book from the excellent book shop and enjoy the treats in on offer in the café. Bookings essential for lunch (07) 5453 3108.

Craft Micro-Breweries & Vineyards:

- **Morts Brewery** (20 mins away) Based in Nambour, this brewery only opened in 2021 and is a MUST for any craft beer connoisseur! As a brewer myself, I can attest to the owner's talent and he has a personality and vision to match. Can get very cheap and good eats up stairs at the "Beach House" too. Usually open from about 1pm til late Thurs to Sun. Can get the train there as right across the road if you want to bypass driving then maybe a cab or Uber from the station back home.
- **Sunshine Brewery** (15 mins away) - the best beer on the Sunshine Coast - simple! Also have an array of food trucks that operate there Thursdays to Sundays. The beer is the centre piece with new and zany creations continually being churned out - Blue Sky IPA is in our top 10 all-time beers. Craig & Daryl are wonderful people and very grounded and welcoming. Open Wednesday to Sundays 10 am til lateish PH: 5443 3881.
- **Sunshine Coast brewery** (15 mins away) – This is not exactly a romantic spot (even though I take my lovely there regularly), but simply has incredible beer on tap and well-priced (yet delicious) burgers. Tasting platters/takeaways too!
- **Ten Toes Brewery**(22 mins away)_– A personal favourite. Outstanding beer, ripping people who own and brew the goodies and great food vans on site. Well worth a visit.

Wineries

- **Maleny Mountain Wines**_(15 mins away) – nearest microbrewery / winery on the way to Maleny (look for the BIG barrel). The drive alone on the way is worth the trip and the burgers and beers just top the experience off!
- **Flame Hill Vineyard:** Right on our doorstep and sitting at the very top of Montville, Flame Hill Vineyard has it all. Great views, luscious vines, amazing nosh and of course, totally drinkable wine.
- **Dingo Creek Vineyard:** Laidback settings and gorgeous scenery, then this next Sunshine Coast winery has your name all over it. At Traveston, about a 40-minute drive from Noosa, open weekends for wine tastings and lunch. Good honey mead.
- **Ocean View Estate** Nestled in the green hills of Mt Mee, Ocean View Estate is a total slice of paradise. Their award-winning wines are exclusive to the estate and will be paired up to the perfect meal for you by well-known chef, Tony Tierney. The views from the restaurant overlooking the vines are breathtaking; and if your other half is more into beer than wine, they do their own craft beer!

Retreats and Personal Development

- **Alaya Escape weekend retreats:** Providing OPTIONS along the 'Middle Path' (as the Buddhists call it) where people can CHOOSE what they want, is congruent with who we are and what we do. We want people to follow their truth here and that extends from champagne and spas, a beer by the pool or basking in all of our facilities. Maybe all of these options or just as a base to explore the Sunny Coast. **Choices to experience our 4 R's is what we offer.**
- **Retreats: small group, leadership or one-to-one:** We have been evolving towards offering our space as a wellbeing destination over the past nearly decade. We offer mini-retreat options of half-day, 4 and 7 days with these to gradually become the predominant focus for Alaya Escape from 2022.

We want people to have practical and applicable experiences and take away a framework and skills to build towards self-determination. We will teach the foundations of the GRIT Positive Psychology model used in coaching and training over 10 thousand people in organisations and individually. Please inquire as to individual and small group retreats that may work for you and / or your company / group. Some more detailed information can be found on our FB page <https://www.facebook/alayaescape>.

Professional self-leadership coaching:

Craig Dickson (MAPP, MEd, GradPsych, BEd, DCH) is a highly experienced professional positive psychology coach and educator. Craig holds Masters degrees in Positive Psychology, Counselling and Education, as well as extensive training in Clinical Hypnotherapy, Emotional Freedom Technique, Philosophy, Meditation, REBT and Narrative Identity.

Craig has 20 years of experience working with tens of thousands of people as professional coach, organisational consultant, psychotherapist, counsellor, educator, retreat facilitator and motivational speaker. Craig's gift is authentically connecting with people of all backgrounds in a down-to-earth way and synthesizing science and what works into simple, practical tools that create outstanding positive outcomes for individuals, families and organisations. Working with people now is selective and is aligned with a strongly held meaning, purpose and virtue as guides.

For further information, please download our prospectus:

https://drive.google.com/drive/folders/14GeHN9bU_iShTNmRfoNW4MJMvOpyja6e?usp=sharing

Alaya Escape - Bali
on the Sunshine Coast
Feel The Difference!



www.alayaescape.com.au
PH: 0404 381 533 / 07 5457 3663
Email – alaya_escape@outlook.com.au