



MEDIA RELEASE

Thursday, 21 June 2018

Holiday yoga fosters deeper connection with nature at Reflections Holiday Parks

With today's arrival of International Yoga Day, *Reflections Holiday Parks* is urging people to shake off the winter blues and take a stretch in the unspoiled natural environments of their parks and public recreation reserves.

Reflections Holiday Parks CEO Steve Edmonds said the group's holiday parks were renowned for pristine natural environments with yoga an increasingly popular activity at many parks.

"You can see the pressures of people's busy lives falling away as they drive into one of our parks and outdoor activities like yoga really help as a stress reliever," Mr Edmonds said.

"Being able to switch off has always been a key reason for people to go on holiday and we're seeing more and more people practicing outdoor yoga to take their relaxation to the next level."

Yoga is famous for its wide-ranging benefits, from increasing strength and flexibility to improving balance and self-esteem. When it's practiced outdoors, the benefits are even more pronounced. With 21 June slated as International Yoga Day, the benefits of this restful activity for people of all ages is encouraged worldwide.

"Reflections Holiday Parks [Bonny Hills](#) Manager Pip Neal said guests often enjoyed stretching and yoga sessions at their park. "We are also excited to be organising Wellness Retreats in the coming months and what better setting to focus on your health and wellbeing whilst getting back to nature than Bonny Hills," Ms Neil said.

Shellharbour-based, *TOA Yoga Pilates* founder Tanya Smith said yoga is for everyone and is increasing in popularity as the stresses of busy lives take their toll on mental and physical health.

With its green rolling hills and beautiful ocean views, [Reflections Killalea Reserve](#) – an easy drive south of Sydney and minutes from Shellharbour – is the perfect backdrop for Tanya's outdoor yoga sessions.

"At one my sunset sessions at Killalea Reserve, locally known as the Farm, I had 320 people turn up to share a yoga practice together. It was a such a wonderful and inspiring experience," Ms Smith said.

"With its amazing landscape and ocean backdrop, Killalea Reserve is one my favourite places to practice yoga. It is also a perfect place to relax with a coffee and around this time of year you can get treated with a birds-eye view of humpback whales as they swim by during their annual migration."



MEDIA RELEASE

Thursday, 21 June 2018

Shontelle Hannigan from *Yoga on the Move* has also often practiced yoga and run inspiring sessions at [Reflections Killalea Reserve](#). Based in Shell Cove, Shontelle travels all over the Illawarra and Sydney areas running sessions.

"Research is discovering that if you practice yoga outdoors in beautiful locations like Killalea, the mind-body health benefits are numerous," Ms Hannigan said. "Nature is a naturally invigorating, restorative and can allow for a mental and physical reboot from our demanding, over stimulating and technology driven world."

Other parks which make for idyllic al fresco studios include [Seal Rocks](#) on the NSW Mid Coast, [Nambucca Heads](#), [Hungry Head](#) and [Moonee Beach](#) on the Coffs Coast, and [Lennox Head](#) on the Far North Coast.

"These parks are famous for their laidback atmosphere, natural beauty and spectacular ocean views from nearby grassy headlands," Mr Edmonds said.

"Just find the perfect spot, roll out your mat and breathe in that fresh ocean air. And if you're lucky, you might even spot a whale or two while going through your poses," he said.

The focus of Reflections Holiday Parks on relaxing and enjoying the outdoors is encapsulated perfectly in this [short 30-second video](#).

To book a Reflections Holiday Park' experience visit www.reflectionsholidayparks.com.au. *Reflections Holiday Parks* are keen for you to visit their wonderful parks.

#Ends#

**Media Contact Kimberly Rigby, 0418 383 296
(Photo attached)**

Page 2 of 2

About NSW Crown Holiday Parks Trust, NSWCHPT

NSWCHPT was formed in 2013 to consolidate the operations of 28 coastal and nine inland holiday parks and reserves located on Crown land throughout NSW and incorporated three holiday park brands under its corporate banner. (North Coast Holiday Parks, South Coast Holiday Parks and Inland Waters Holiday Parks.)

Reflections Holiday Parks brings its 37 holiday parks and public recreation reserves on Crown land under the one unified banner. With the same friendly people, the promise of *Reflections Holiday Parks* is to be *the place where happy holiday seekers and nature lovers will discover the quintessential caravan and camping break and create unforgettable experiences and family memories.*