

Salute the Sun at Reflections Holiday Parks

With International Day of Yoga being celebrated across the world today, Reflections Holiday Parks is encouraging holiday makers to focus on their health and wellbeing whilst getting back to nature.

International Yoga Day is celebrated on the 21st of June every year with people gathering, often in parks and scenic outdoor settings, to enjoy the positive effects meditation, yoga and connections to nature have on the mind, body and spirit.

Reflections Holiday Parks CEO Nick Baker said holiday yoga was a popular activity with guests often enjoying a meditative sunrise or sunset stretch in the relaxed coastal and country surroundings Reflections is well known for. “Guests who holiday at Reflections Holiday Parks want that deeper connection with nature and the mind-body health benefits of an outdoor-based holiday with us are incredible,” Nick said.

“I love the outdoors and stepping away from technology to breathe in the air and enjoy the scenery, be it through meditation and yoga stretches or while simply enjoying a cuppa, has a real restorative effect.

“The Winter sunshine is a great mood lifter and right now many of our coastal park guests are spotting whales as they roll out their towels or mats and take in their surroundings while saluting the sun.”

Reflections Seal Rocks Manager Katie Toney said guests practiced yoga regularly at the park. “It is very informal, and people love our beachfront setting with the sounds of the waves rolling in,” Katie said.

“Yoga is popular all through the year here at Seal Rocks and we often run classes across the school holidays giving everyone a chance to learn.

“A holiday with Reflections means all forms of outdoor adventures from lazy walks along the beach, discovering new wildlife and outdoor activities which replenish the soul and spirit like a hike through the bush or yoga on the headland.”

If holidays in amazing locations and stretching out to birdsong appeals to you, visit <https://reflectionsholidayparks.com.au> to book a Reflections Holiday Park experience. There are some great Winter deals on offer including, 20% off all cabins, \$10 Tuesdays for 3-night stays across a Tuesday night and 15% off longer stays of 7 nights or more across powered and unpowered sites.

Visit <https://reflectionsholidayparks.com.au/peak-season-park-availability> to book for the school holidays.

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MEDIA RELEASE

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Reflections Holiday Parks are the perfect places to celebrate International Yoga Day this 21st of June. Photo taken at Reflections Holiday Parks Seal Rocks. Photo Credit: Rachel Walker who leads the yoga classes at the park.

About Reflections Holiday Parks

Reflections is a leading nature-driven escapes organisation, welcoming two-million-day visitors and overnight guests to its New South Wales holiday parks each year. Operating as a profit for purpose business, Reflections manages 37 holiday parks and 43 community reserves on NSW Crown land. Any surplus from its operations is reinvested in the 9,289 hectares of land that it manages on behalf of the people of New South Wales. Reflections generates approximately \$98 million in economic value for regional NSW each year, in terms of income and flow on impacts (BDO, 2022).

Our focus is on providing exceptional experiences. Surpluses generated by Reflections Holiday Parks are used to directly support and revitalise the group's holiday parks and surrounding Crown land reserves to ensure that visitors and local communities can enjoy these precious community assets for generations to come. Our success is measured by our quadruple bottom line performance, including social, cultural, environmental, and economic outcomes. We grow when our people, our places and communities are at their best.

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P3 of 3