



HIDDEN VALLEY
INTUITIVE HEALING

Naturopathy & Nature Retreat
Paluma, QLD



INTENTION

This retreat is an opportunity to press the reset button on your life, replenish your energy, feed your soul and feel like a brand new you has been reborn by the time you return home

Waterfalls, Rainforests, Australian native bush and great big starry night skies; Find yourself in Hidden Valley, the ancient land of the Gugu Badhun - People of the Valley of the Lagoons.





WHAT TO EXPECT

A truly unique and special space to ground yourself in the ancient Australian bush and rainforest in far north Queensland. Cleanse yourself in the pure mineral mountain waters. Feel alive, and be invigorated and revitalised – emotionally, and at physical and cellular level.

Find your true YOU – away from your day to day life, repetitive behaviours that have you feeling stuck, your regular environment, unhealthy thought patterns and negative habits that may have been depleting your energy over the years.

Over our 3 days together we will gently reinvigorate YOU and guide YOU to beginning a journey to increased abundance in all areas of your life. You will feel improved positive energy, more clarity and so much high vibrational energy and magic flowing your way. Leave with tools to support you and to continue your journey when you return to your regular home environment.





If you're interested in slowing down with us, to listen in to those whispers from your soul while deepening your self-care rituals, spiritual practices and self-knowledge, then this retreat could be transformative for you in so many ways. On this retreat you will be discovering so much more about yourself in order to develop new healthier habits.

At Intuitive Healing, we focus on letting go of what no longer serves your highest self, letting in all of the gifts you have within & allowing in the magic that this life has to offer you.





WHATS ON OFFER

- Morning Meditations and Yoga
- Empowering Workshops and Talks
- Cacao Ceremony
- Sound Bath and Didgeridoo
- Mindful Walks
- Retreat Workbook and Journal
- Reiki Healings
- Flower Essence Workshop
- Plenty of Time and Space to Just BE
- Healthy and Delicious Locally Home Cooked Meals

You'll 100% leave the retreat feeling inspired, supported by new friends and the ability to make choices that allow you to take better care of yourself and the people you love when you return home. In short, you can look forward to a total new you!





“WE DEPEND ON NATURE NOT
ONLY FOR OUR PHYSICAL
SURVIVAL, WE ALSO NEED
NATURE TO SHOW US THE WAY
HOME, THE WAY OUT OF THE
PRISON OF OUR OWN MINDS.”
ECKHART TOLLE



DAY 1 - FRIDAY

- 9.30am Airport or hotel pick-up
City Oasis to stay overnight, pick-up in the morning
- 10.30am Depart Townsville, drive to Crystal Creek
- 12.00pm Lunch and swim at Crystal Creek
- 1.30pm Guided rainforest walk to Witts Lookout
- 2.30pm 20-minute drive to Hidden Valley Cabins, our retreat location
- 4.00pm Free time to settle in
Reiki sessions with Sonia (pre-booked)
Walk to surrounding creek and bushlands or the beautiful resort gardens
- 6.00pm Cacao Ceremony around the fire
Unite the group set our intentions for the retreat
- 7.00pm Alfresco dinner under starry Australian skies
- Evening Stargazing and spotlight native nocturnal fauna (optional) or retire to the gardens or room





DAY 2 - SATURDAY

- 6.00am Yoga
- 7.30am Breakfast
- 9.00am Group Discussion and Talk with Sonia
- 11.00am Sound Healing - bowls and indigenous didgeridoo
- 12.30pm Lunch
- 1.30pm Reiki sessions (pre-booked)
- 5.00pm Flower Essence Workshop
Take-home flower essence and corresponding crystal
- 7.00pm Dinner
- Evening Consults continue with Sonia
Or optional Nocturnal Platypus Safari





DAY 3 - SUNDAY

- 6.00am Morning meditation and Yoga
- 8.00am Breakfast
- 9.00am Free time - or consult/Reiki with Sonia
- 12.00pm Lunch
- 12.30pm Drive to gorge for hike and swim
Option to stay back, relax and contact with Sonia
- 4.30pm Group talks, free time or scheduled session with Sonia
- 6.00pm Dinner
- 7.30pm Closing Ceremony Circle
- 8.30pm Early night for early morning





DAY 4 - MONDAY

5.00am Depart Hidden Valley Cabins via bus to Townsville Airport

TRAVEL INFO

Fly to Townsville Friday morning, pick-up by Hidden Valley Cabins Bus a short drive along the strand (if time permits) then enroute for a 2-hour drive to Hidden Valley Cabins.

Departures Monday morning at 5.00am sharp to enable appropriate check-ins at Townsville airport.





SPENDING TIME IN NATURE IS
HEALING ENERGY.



INCLUSIONS

- 3 nights accommodation at eco-resort Hidden Valley Cabins
- Nourishing meals daily
- 2x Yoga classes
- 1x 40-minute Reiki session
- Sound healing; experience the healing vibrations of the bowls and the Indigenous Didgeridoo
- Naturopath Workshop and Talks
- Platypus Safari
- Flower Essence Workshop (take home flower essence and corresponding crystal)
- Gifted Journal
- Rainforest walk and/or waterfall swim
- Pick-up from airport or hotel in Townsville to and from retreat in Hidden Valley
- Self-guided bush walk tracks, and much more!

EXCLUSIONS

- Travel
- Insurance
- Spending
- Alcoholic drinks at bar







PRICING & RESERVATIONS

Dorm - \$1400

Twin - \$1600

Private Twin Cabin - \$1900

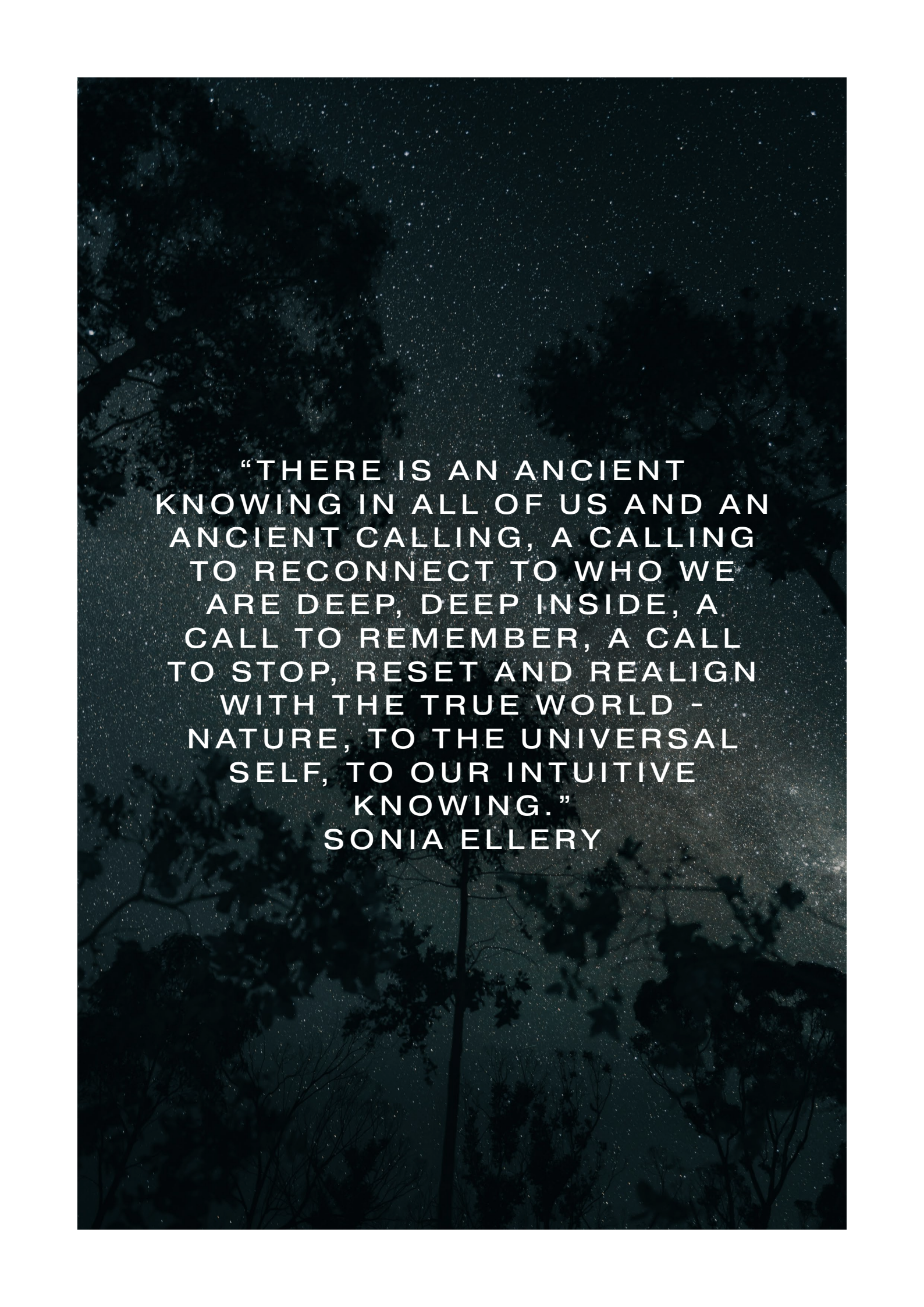
Deluxe Queen - \$2200

Book in a consultation with host and naturopath Sonia Ellery to discuss your needs and healing journey.

[BOOK MY DISCOVERY CALL](#)





A dark, starry night sky with silhouettes of trees in the foreground. The text is centered in white, uppercase letters.

“THERE IS AN ANCIENT
KNOWING IN ALL OF US AND AN
ANCIENT CALLING, A CALLING
TO RECONNECT TO WHO WE
ARE DEEP, DEEP INSIDE, A
CALL TO REMEMBER, A CALL
TO STOP, RESET AND REALIGN
WITH THE TRUE WORLD -
NATURE, TO THE UNIVERSAL
SELF, TO OUR INTUITIVE
KNOWING.”

SONIA ELLERY



www.hiddenvalleycabins.com.au