

Revitalise &

Rejuvenate: A

24-Hour

Retreat for

Mothers

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Dear Mothers, We invite you to escape the daily chaos of motherhood and join us for a 24-hour retreat designed just for you. This retreat, "Revitalise & Rejuvenate," is your sanctuary where you can relax, recharge, and reconnect with your inner self.

Inclusions:

🍴 Meals (lunch x 2, afternoon tea x2, dinner x1 , breakfast x1, morning tea x1 - tea and coffee included, alcoholic beverages not included)

🏠 Accommodation (Shared Rustic Cabin accommodation max 3 people to a cabin, with ensuite OR Upgrade to Deluxe Cabin for an extra \$199)

🧘 Either a 45 minute Reiki session with Sonia Ellery Naturopath or 1 hour massage (Prebooked time slots before commencing retreat)

🎵 Sound healing meditation (1hr)

🧘 Morning Yoga (1hrs)

🌸 Flower Essence workshop with Sonia Ellery Naturopath

🚶 Guided bush walk

🔥 Goddess ceremony with Cacao offering

👩 Closing woman's circle ceremony

And so much more!



Investment \$555.00



Program Schedule

Day 1* *12:00PM - Arrival & Welcome Arrive at our serene retreat location Hidden Valley Cabins and settle into your own comfortable accommodation.

12:45PM - Healthy Lunch Enjoy a delicious, healthy lunch prepared with fresh local ingredients.

2:30 PM - Individual Reiki Sessions & Massage sessions (prebooked) Indulge in calming Reiki sessions and soothing massage treatments aimed at releasing stress and promoting relaxation.

4:00PM *Flower Essences: Stress Management and Beyond* Engage in a wellness workshop focusing on self-care strategies and stress management techniques. Flower essences, also known as flower remedies, are holistic health remedies derived from flowers. They have been used for centuries in various cultures, and were popularized in the west by Dr. Edward Bach in the 1930s.

Flower essences work on an energetic level, much like homeopathy. They are believed to contain the vibrational energy of the flower, which can help to balance and heal emotional and mental health issues. In terms of stress management, flower essences are often used to help calm the mind, reduce feelings of anxiety, and promote a sense of peace and tranquility. For example, Bach's Rescue Remedy, a blend of five different flower essences, is commonly used to help deal with acute stress and anxiety.

Beyond stress management, flower essences are also believed to have other benefits. Some may help with self-esteem and confidence issues, others can assist with focus and mental clarity, and some may even help with sleep issues and fatigue.

***5:30pm Reiki and Massage Sessions continue ***

7:00 PM - Healthy Dinner Relish in a nutritious dinner prepared with love and fresh local ingredients. 7:45pm

Opening Fire Circle: A Tribute to Mothers with Cacao Offering Mothers, whether by biology or by bond, are our guiding forces, our first teachers, and our lifetime supporters. Their love is as fierce as fire and as soothing as a calm night. In their honour, we come together around this fire, each of us representing a unique flame, together creating a blaze that lights up the world. Tonight, we incorporate a sacred tradition into our gathering - a cacao offering. Cacao, known as the 'food of the gods', has been used for centuries in ceremonies for its powerful heart-opening properties. It symbolizes the sweetness of a mother's love and the richness of her wisdom. As we sip on this sacred brew, let it open our hearts, deepen our connections, and amplify our gratitude towards the mothers among us and those who have passed on. This cacao offering is not just a drink; it's a symbol of our shared experiences and interconnectedness. As we each partake in it, we are reminded of the nourishment and nurturing that mothers provide.

As we gather around this fire and partake in the cacao offering, we celebrate the strength, wisdom, courage, and unconditional love of mothers. We share stories, laugh, cry, and heal. Our collective energy, amplified by the cacao, creates a circle of warmth and light that reaches out to mothers all over the world. In honoring them, we honour the highest expressions of love, sacrifice, and resilience. Together, we will make this a beautiful, moving, and memorable tribute to motherhood.

8:30 PM - Free Time & Rest Retire for the evening in your comfortable room, taking the time to relax and rejuvenate. Something us mothers don't get a lot of! ---

Day 2

Morning Yoga - 7:00 AM An early morning yoga session is a perfect way to start your day. This session will include a blend of gentle stretching, deep breathing, and mindful movement to awaken your body and clear your mind. We will begin with warm-up exercises, gradually moving towards more dynamic sequences. The session will be tailored to accommodate all levels of yoga practice, from beginners to advanced. The goal of our morning yoga is not just to improve flexibility and strength, but also to cultivate a sense of inner peace and calm. You'll leave the session feeling more grounded, centered, and ready to embrace the day with a positive mindset. Please remember to wear comfortable clothing and bring your yoga mat if you have one. If not, we will provide one for you.

8:00AM individual Reiki Sessions & Massage sessions (prebooked) Indulge in calming Reiki sessions and soothing massage treatments aimed at releasing stress and promoting relaxation.

9:00 AM - Nutritious Breakfast* Return to a nutritious and filling breakfast to kickstart your day.

10:00AM - *Australian Bushwalk: Embracing Nature and Self-Reflection* Welcome to the Australian bush, where nature and self-discovery intertwine. Bushwalking invites us to reconnect with the Earth and ourselves. The wilderness, wildlife, and landscapes stir our senses, reminding us of our connection to the natural world. Being in nature teaches us to appreciate life's simple truths and encourages self-reflection. Short periods away provide a sanctuary for mental and emotional wellbeing. In the quietude, we hear our thoughts, feel our emotions, and understand our desires. Nature transforms us, helping us shed layers, delve into our inner selves, and emerge with clarity. Taking time to hike in the bush is a powerful tool for personal development. In the midst of modern life, it's crucial to recharge and realign. Every step taken in nature is a step towards self-discovery. I would add how famous/ beautiful your nature attractions are!

12:30 PM - Healthy Lunch A fresh and healthy lunch will be served, providing a great opportunity to socialize with other participants

2:00 PM - *Sound Healing - Breathe with Tibetan Bowls and Ancient Didgeridoo
Sound Healing is a therapeutic practice that uses vibrations from instruments such as Tibetan singing bowls and the ancient Didgeridoo to relax the body and mind, promoting better health and well-being. The session begins with a focus on breathwork to centre and calm the mind. The facilitator then introduces the deep, resonating sounds of the Tibetan bowls, which are believed to stimulate the alpha and theta brain waves associated with deep meditative and peaceful states. Next, the powerful vibrations of the Didgeridoo, an ancient wind instrument indigenous to the Aboriginal tribes of Australia, are introduced. These vibrations are known to stimulate the body's energy centres or chakras, promoting healing and a feeling of interconnectedness. This combination creates a unique and powerful experience that can help reduce stress, align your energy, and create a deep sense of peace and well-being. Please come in comfortable clothes and bring any items (like a mat or blanket) that will make you feel comfortable during the session.

4:00 PM - Reflection & Closing Circle Reflect on your experiences and share your thoughts in our closing circle.

5:00 PM - Departure Say your goodbyes and leave the retreat feeling refreshed and recharged.

Ladies, this retreat promises not just relaxation and rejuvenation, but also a chance to meet like-minded women, engage in meaningful conversations, and most importantly, focus on you. Press the reset button on your life and return home with renewed energy, balance, and positivity. This is your time – seize the opportunity! We look forward to welcoming you.

