



# Wellbeing Retreat Rejuvenate and Reconnect

Thanks for your interest in the Rejuvenate and Reconnect Wellbeing Retreat.

## Retreat at a Glance

- From 2pm Friday the 8<sup>th</sup> – 2pm Sunday the 10<sup>th</sup> of November
- The beautiful Amarant Retreat, 1475 Don Rd, Don Valley, Victoria
- All-inclusive retreat – accommodation, full catering, personal development sessions, yoga, mindfulness, bushwalking, great company
- Investment in you: ranging from \$650 for quad rooms to \$1400 for single rooms

## About the venue

I totally fell in love with this venue and can't wait to take you there. I wanted a space where you can walk in and immediately feel at home. [Amarant Retreat](#) is situated in Yarra Valley, 1 hour and 15mins from Melbourne's CBD. The retreat is located on 25 acres of rainforest and is completely secluded. There are beautiful views, bushwalks, cosy breakout spaces and a dedicated yoga room.

For those wanting a super slow weekend, we will keep one of the comfy living rooms as the quiet space, so you ponder the meaning of life, or just chill by the fire with a good book.

There are quad share and twin share rooms to choose from, all with an ensuite. However, if you prefer your own space, you can invest more to have a room on your own.

## I have so many questions...

Feel free to call me with any questions or scope me out to see if I'm the kind of retreat host you would like! In the mean-time, here is more information about the retreat:

**What's included?** The retreat is all inclusive, the cost cover accommodation, all meals, juices, workshops, tea, coffee, wine, workshops and welcome pack are all included.

**Will there be coffee or wine?** Yes, this is a retreat for people who don't like retreats. Sometimes we just need to have a delicious coffee in the morning, so why deprive ourselves from it. In the evening we will also have a dabble of good quality wine with meals.

**What's the food like?** Delicious and vegetation. For the meat lovers, it will be so tasty you won't even know there's no meat! I'm a terrible cook, so there is a dedicated chef preparing the meals, there are also freshly squeeze juices in the morning to give you a pep!

Here is a sample of the kinds of meals you can expect, please note, these are just a sample:

### Breakfast

- Creamy coconut porridge served w fresh berries
- Super greens on toast smothered in almond pate, avo and tomato drizzled in olive oil

### Lunch

- Baked stuffed portobello mushroom, served on a bed of mashed potato and cannellini beans, drizzled in a red wine vinegar reduction

- Zucchini noodles 2 ways. Marinara, a fresh tomato and basil sauce and creamy pesto w hemp and pine nuts. Garnished with a raw cashew parmesan

#### Dinner

- Veggie tempeh balls seasoned with cumin and coriander baked and rolled in sesame seeds, served on a crunchy cos lettuce leaf and accompanied by poppyseed basmati rice
- Quinoa, turmeric and sweet potato patties accompanied with a herbed pesto and served with a salad of farm fresh greens, radish and cucumber

#### Dessert

- Coconut mint ice cream bars, smothered in raw chocolate and sprinkled with cacao nibs
- Blackberry Raw cheesecake on a lemon and buckwheat base and topped in fresh raspberries

#### Treats

- Orange Chocolate bliss balls
- Chocolate raspberry brownies
- There will be fruit, tea and coffee available the whole time

**Can you cater for dietary requirements?** Absolutely. All meals are vegetarian and super tasty. Just let us know what dietary requirements you have and we will make it happen.

**Is accommodation shared?** Yes, the accommodation options include quad share and twin share. If you really like privacy, you can invest more to have a room on your own.

**How strenuous is the yoga?** Each morning there will be a slow flow class. Slow flow is dynamic, meaning you will heat your body. The session will be aimed at beginners, however those who are more advanced will also be catered for. There is also an option to have an evening yin yoga class on the Saturday evening.

#### **What will we be doing, is there a program outline?**

This is a guide and may slightly change before the retreat.

##### **Friday**

From 2pm	Check in and chill (any time after 2pm)
6.45pm	Welcome
7pm	Dinner
8pm	Relaxing night chatting by the fire with new friends

##### **Saturday**

6.30am	Yoga (or sleep in)
7.30am	Breakfast
9am	Development session
10.30am	Morning tea
11am	Development session
12.30pm	Lunch
1.30pm	Bush walk/free time
3pm	Afternoon tea
3.30pm	Development session
5pm	Free time
7pm	Dinner
8pm	Reflection circle
8.30pm	Free time/yin yoga

Sunday	
6.30am	Yoga (or sleep in)
7.30am	Breakfast
9am	Development session
10.30am	Morning tea
11am	Development session
12.30pm	Lunch
1.30pm	Reflection
2pm	Finish

### **Can I use my phone?**

There is limited phone reception. My recommendation is to have a tech detox and turn off your phones. But, like everything on this retreat, it is up to you. We do ask that you respectfully not use your phone in the dining room and yoga room.

### **How do I get there?**

Amarant Retreat is 70km north east of Melbourne. There's no public transport, so I'd be happy to connect you with other participants to arrange car pool options if required.

### **What should I pack**

Here's a suggestion of what to pack. In terms of what to wear during the days, think either active wear or comfy jeans, it's totally up to you.

- Toiletries and medication (there are no shops/pharmacies close by)
- Underwear and warm PJs
- Bushwalking/camp fire clothes, including a raincoat
- Bushwalking shoes/sandshoes
- Clothes for 2.5 days
- Comfy clothes for yoga
- Thick warm socks to wear inside, as we will keep our shoes at the door
- A good book

### **What should I leave behind?**

Bedding, alcohol, laptop and phone (if you're feeling brave).