

Wellness Weekend Retreat

with facilitators Sue Broderick and Fiona Tuck

Awaba Retreat, Palmdale, Central Coast

Friday Nov 10th – Sunday Nov 12th, 2017



Our wellness retreat is designed to refresh the mind, cleanse the body and energise the soul to have you ready for the busy summer season to begin!

Take time out to rejuvenate and enjoy an enchanting fusion of yoga, guided meditation, wellness talks, cooking demos, bush walks and healing treatments. Meet new friends, laugh and nourish your body with delicious, healthy gourmet vegetarian meals. Connect with nature, unwind and reconnect with your true self.

Our March retreat was a sell-out. Please book early to secure your place as we have limited spaces.

- Prices from **\$670 pp** (single room supplement available)
- Booking enquiries please contact Sue email: sbroderick1@bigpond.com or **0416 206 894**
- For more information about the facilitators, visit fionatuck.com or suebroderickyoga.com.au





Inclusions:

- 2 nights shared luxury accommodation
- Unlimited access to qualified industry professionals
- Healthy gourmet cooked vegetarian meals and gluten free snacks provided by Neil Barnet www.gardentogourmet.com.au
- Yoga classes including Hatha, Yin and Pranayama
- Cooking demonstration
- Meditation sessions
- Sound healing
- Nutrition talk
- Nature walk
- Peaceful acreage with bush-walking tracks nearby
- Swimming Pool and Hot tub
- Fully equipped yoga studio
- Laughter, love and soul nourishment by the bucket full.

Agenda

Day 1:

- Arrival 3.30pm
- 4pm Welcome circle and afternoon tea
- 5pm to 6pm Gentle yoga (Sue)
- 6.30pm Dinner
- 8.00pm Guided meditation and sound healing (Fiona)

Day 2:

- 7.15 am to 8.30pm Pranayama and yoga (Sue)
- 8.30am Breakfast

- 10am to 11am Nutrition talk (Fiona)
- 12.30pm to 1.30pm Lunch
- 3pm to 3.45pm Cooking demonstration
- 5pm to 6pm Gentle yoga (Sue)
- 6.30pm Dinner
- 7.45pm Yin yoga (Fiona)

Day 3:

- 7.15am to 8.30am Pranayama and yoga (Sue)
- 8.30am Breakfast
- 10.00am Nature walk (Sue and Fiona)
- 12.30 Lunch
- 2pm Closing circle (Sue and Fiona)

You will have free time to enjoy the centre at your leisure. Read, walkaround the grounds and the lake, sit in the grounds, take a swim or jacuzzi or book a massage.

Parking

Once on the property, proceed to the front door to offload your luggage before parking in the designated guest parking area.

Accommodation

Accommodation is shared. Single room accommodation is available with shared bathroom facilities. All rooms are immaculately clean and comfortable.

Linen and towels provided.

Meals

Meals are highly nutritious, gluten free and vegetarian based. We can cater for special dietary requirements. Note, this may attract an additional cost. Please advise of any food allergies or specific dietary requirements on your booking form.

This is a non-alcohol retreat in keeping with the aims of the weekend to cleanse and nurture your body and keep the mind calm and clear.

A variety of tea will be on offer.

Morning and afternoon tea is provided on both days and you can make a cup of tea at any time.

Smoking is not permitted in or around the buildings.

What to bring:

- If you have your own yoga mat you may like to bring it. Otherwise all yoga equipment is provided.
- Casual clothes for dinner and seminars.
- Comfortable, unrestricted clothing for yoga. e.g. exercise pants, yoga pants or shorts. T-shirts or sports tops.
- Waterproof jacket/raincoat in case of rainy weather.
- Sunscreen and hat.
- Bathers for the pool and hot tub.
- It may be cooler in the evenings, so bring a jacket or other warm clothing.
- Water bottle for yoga sessions and walking.
- Coffee if you need it.
- A torch may be handy.
- A bike if you enjoy riding.

The Awaba Retreat

40 Fern Tree Lane
Palmdale NSW



Located on the beautiful NSW Central Coast, The Awaba Retreat is set on 22 acres surrounded by gardens and paddocks, forest and hills. From the commencement of

the M1 Sydney/Newcastle motorway at Wahroonga it's an easy 45-minute drive or only 8 minutes from Ourimbah railway station.

Time spent at Awaba gives you an opportunity to escape the daily grind and find yourself again. Just a short weekend away can feel like a timeless step into a world of peace and tranquillity.

The retreat epitomises the fung shui concept of spirit brought into space, engendering a feeling of clarity, order and serenity. The comfortable, stylish facilities include a range of single, twin and triple rooms, swimming pool, spa and extensive walking trails. Delicious, fresh, healthy vegetarian meals are provided and when possible use of seasonal organic produce from the vegetable garden.



Directions to Awaba Retreat:

- Approximately 82kms from Sydney CBD.
- 35 minutes driving time from the commencement of the Sydney/Newcastle M1 Motorway at Wahroonga to the exit at Ourimbah.
- After exiting at Ourimbah/Palmdale follow the signs to Palmdale. It's about a 3-minute drive to Palmdale Road, turning left at the roundabout.
- Fern Tree Lane is the second street on the left along Palmdale Road.
- Awaba Retreat is the fourth property on the left.
- www.awabaspiritualyogaretreat.com.au/

About Your Facilitators:

Fiona Tuck



Fiona Tuck is a Skincare Industry Expert, Nutritional Medicine Practitioner, Author, Yoga teacher and accredited member of the Australian Traditional Medicine Society.

Fiona is a fully qualified level 1 yoga teacher (500hrs) taught by senior yoga teacher Yolande Hyde with advanced teaching qualifications in Yin yoga taught by Sarah Owen and Restorative yoga taught by Mark O'Brian.

Fiona's in-depth knowledge and insight into future trends within the wellness industry has made her a sought-after media expert.

Fiona is committed to writing and presenting topical and credible health articles and regularly invests time to update her knowledge through regular attendance at health and medical conferences, to remain up to speed with latest health research. Fiona specialises in nutritional deficiencies and the subsequent biochemical effect this has on skin health, ageing and disease within the body.

Fiona has appeared on Channel 7's 'The Morning Show' and 'The Daily Edition', Network Ten's 'Studio 10', and is a popular industry speaker and radio nutrition expert, talking every week to Ed Phillips on 2UE Talking Lifestyle radio Her articles and expert commentary are published across news.com.au, SMH.com.au, Ninemsn, The Huffington Post, Body and Soul, Women's Weekly, Swiish by Sally O, The Collective Hub, Daily Telegraph, Herald Sun, Courier Mail, Adelaide Advertiser, Perth Now and across the APN Newspaper Group, - as well as leading trade publications.

Fiona's holistic approach to nutritional health is driven by her mantra; 'Nutrition is the grass roots of good health'.

www.fionatuck.com

www.facebook.com/ftucknutrition

www.instagram.com/fionatucknutrition/



Sue Broderick



Sue is a 500 hour trained, certified yoga teacher from the Northern Beaches of Sydney. She works out of the Yoga & Health Collective in Mona Vale and the Avalon Yoga Co Op. She is an accredited member of Yoga Australia and International Yoga Teachers Association (ITYA).

Providing a safe environment in all her yoga classes, Sue uses props and modifications so that all students gain the full therapeutic benefit of yoga poses. Coming into yoga because of injury, she has personal experience in working through physical limitations whilst remaining mobile and building strength. This insight into the challenges posed by joint, tendon and muscle restriction, coupled with study and keeping abreast of latest developments in yoga therapy, allow Sue to provide individual assistance within a group class setting.

With her deep interest in Pranayama techniques, Sue explores the power of the breath in keeping us centred and enhancing the personal yoga practice of her students.

Her classes focus on alignment, breath and having fun!

www.suebroderickyoga.com.au

