



ESCAPE AND RETREAT IN AUSTRALIA

Reconnect. Recharge. Explore.

Looking for the perfect getaway?

Join us for an unforgettable
retreat experience set against
the stunning backdrop of
Australia's vast landscapes.



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Whether you're seeking peace
and relaxation or a bit of
exploring, this retreat offers the
best of both worlds.

Looking for the perfect getaway? We've got it.

Meals provided

Leave the dining details to us! Enjoy daily breakfast, a light lunch, and dinner, all freshly prepared and served on the property. (Please note: any meals enjoyed off-property will be at your own expense.)



Time to Unwind

Choose from a variety of activities to suit your mood: pilates, gentle stretching, quiet moments of reflection, a refreshing swim, or simply soaking in the beauty of nature. Prefer some company? Spend quality time connecting with fellow retreaters in the inviting common area.

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Your retreat leader will be on hand to take you on optional day trips, ensuring a seamless and enriching experience as you explore the beauty and charm of Australia. Think: trips to the beach or maybe the zoo.



FAQs

Where is the retreat located?

The retreat will take place in a serene location in Australia. The exact property details will be shared once the retreat is confirmed by the minimum number of guests needed.

What are the dates of the retreat?

We're excited to offer three separate 10-day retreats in Australia. Choose the dates that work best for you and join us for an unforgettable experience of relaxation and exploration.

Retreat 1: October 27, 2025 – November 5, 2025

Retreat 2: November 8, 2025 – November 17, 2025

Retreat 3: November 20, 2025 – November 29, 2025

Keep in mind that most travelers will need to depart the U.S. the a day or two before the retreat start date to ensure timely arrival. Be sure to factor this into your travel plans.

What is included in the retreat cost?

Your retreat package includes shared accommodations, daily meals (breakfast, light lunch, and dinner), on-property activities, and a re available for optional day trips.

Are flights or transportation to the retreat included?

Yes, economy flights from the United States are included in the retreat package! We'll handle your flight arrangements, ensuring a smooth journey to and from the retreat. If you'd like to upgrade to a premium seat or business class, you can pay an additional fee for an upgraded experience. Transportation to and from the retreat property will also be provided.

Will meals be provided? What if I have dietary restrictions?

Yes! Daily breakfast, a light lunch, and dinner are provided on the property. If you have dietary restrictions, please let us know in advance so we can accommodate your needs. Any meals off-property are at your own expense.

What activities are included in the retreat?

On-property activities will be tailored based on the retreat location and participant preferences. You can expect options like pilates, gentle stretching, swimming, quiet time for relaxation, and opportunities to connect with fellow retreaters in the common area. Additionally, optional day trips to explore the surrounding area will be available, with potential visits to nearby beaches, a zoo, and other local attractions.

Are the day trips included in the cost of the retreat?

Day trips are optional and not included in the retreat cost unless specifically stated. Your retreat leader will provide a list of available activities and excursions during your 10-day stay. While the day trips themselves are an additional cost, your retreat leader will drive you to these locations as part of the retreat package.

Will I have my own room?

Accommodations are shared with one other retreat participant. This could be a friend, a spouse, or even a fellow retreat participant (of the same gender) you haven't met before. We aim to create a warm and welcoming environment for everyone.

How physically demanding is the retreat?

The retreat is designed to be as relaxing or active as you prefer. Most activities are gentle, with optional excursions that may involve light walking.

What should I pack?

Pack comfortable clothing for relaxation, activewear for pilates or stretching, swimwear, and casual attire for optional day trips. A good pair of walking shoes and a reusable water bottle are also recommended. During this time of year, it should be warm to hot in Australia.

How many people will be at the retreat?

The group size will be intimate, allowing for a more personal and relaxing experience. The exact number depends on registrations but will not exceed the capacity for shared accommodations. If we have maximum participation, we will have 10 participants and 2-4 others on the property, with a maximum of 14 people on-site.

What should I expect for the ambiance while I'm there?

As this is a retreat designed for relaxation and rejuvenation, we encourage a peaceful and calm atmosphere on the property. We kindly ask that guests keep their voices low and be mindful of others, ensuring everyone has the opportunity to unwind and recharge. This expectation applies to the property grounds, but outside of those areas, you're welcome to enjoy the experience in a more lively manner.

Is there Wi-Fi or cell service on the property?

Wi-Fi is available on the property, though service may be limited in some areas. This is the perfect opportunity to disconnect and immerse yourself in the retreat experience.

What is the refund or cancellation policy?

Details on refunds and cancellations will be provided at the time of booking. Please review carefully before finalizing your reservation. We always recommend travel insurance.

Can I come alone?

Absolutely! Many attendees come on their own and find the retreat to be a welcoming and friendly environment to connect with others.

Are children allowed?

This retreat is designed for adults only, offering a peaceful and rejuvenating experience.

Are there any other restrictions?

At this time, we can only accept people who hold a US passport and currently reside within the United States.

What is the price?

The price for this incredible 10-day, 9-night retreat—**including international flights** from the United States, shared accommodations, **all meals and drinks** at the property, **in-country airport transfers**, group activities on property, and transportation to optional activities off property—is \$9,160. For those seeking an extended escape, you can join us for two consecutive weeks and enjoy a \$2,500 discount off the total price!

How do I sign up?

Signing up is simple! Just scan the QR code provided and complete the form. Once submitted, we'll be in touch with all the details to help you prepare for your retreat!



SCAN ME