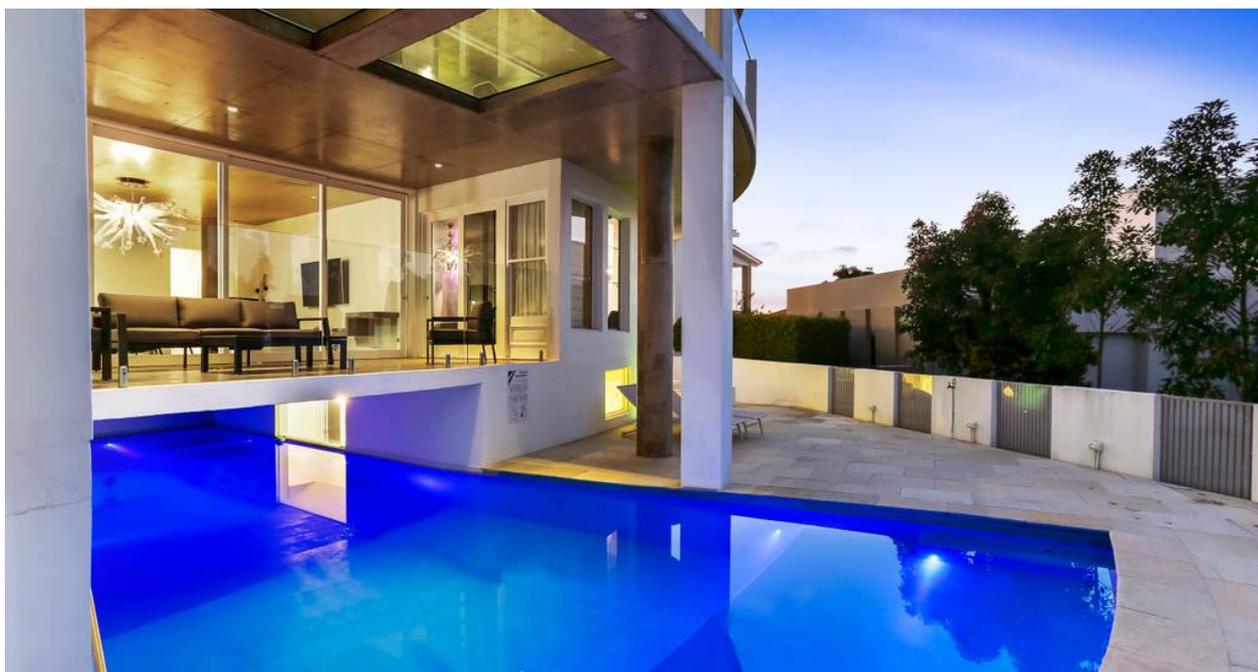


The Sisterhood Health, Fitness & Yoga - Retreat - October 24th-27th 2019

This four-day health, fitness and yoga retreat is held at a stunning venue in Buderim on the Sunshine Coast. An opulent setting with sweeping views of the sea, it is the perfect location to unwind and treat yourself. This idyllic, elevated property also boasts a fabulous pool, gym and cinema room. It is a tranquil place to relax and recharge.



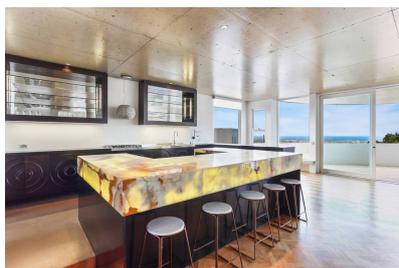
Spaces are strictly limited, with a maximum of just 10 places available.

Cost includes:

- ▶ Accommodation with pool
- ▶ Vegetarian food
- ▶ Daily Yoga classes
- ▶ Daily Meditation classes
- ▶ Daily Fitness classes
- ▶ Cooking classes
- ▶ Recipes and 8-week meal plans
- ▶ Health information sessions
- ▶ 8-week weight-loss programme
- ▶ Massage treatment
- ▶ Meditation tip sheet



Transfers to and from the venue are not included.



The venue has plenty of places to relax and unwind



Please bring:

- ▶ Comfortable clothes for both fitness and yoga classes
- ▶ Sneakers
- ▶ Swimwear
- ▶ Shawl for relaxation
- ▶ Notebook and pen
- ▶ Yoga mats will be provided but feel free to bring your own, and any equipment such as blocks or belts
- ▶ Towels are provided



There are a number of sleeping arrangements on offer



Early-Bird Prices per person:

King share*: \$1,295

Twin share: \$1,495

Single**: \$1,895

For Limited Time Only



Prices per person:

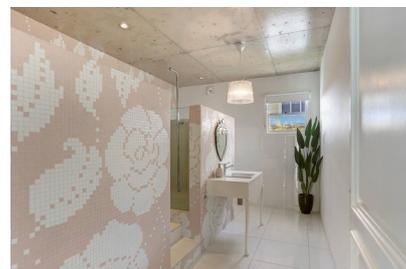
King share*: \$1,595

Twin share: \$1,795

Single**: \$2,195

**Two people sharing one king-size bed. Perfect for sisters, friends, partners, mother & daughters*

***Own room with king-size bed*



To secure your place, a 40% non-refundable deposit is required and is payable at <https://www.paypal.me/WendyBarron1>. The remainder of the fee is payable before September 1st 2019. Payment plans are available upon request.

The full retreat timetable will be emailed to you on September 1 2019, along with confirmation of your payment.

For any further information please contact:
Wendy Barron on 0449 946 621 or wendy@mindbodyspace.com.au
Claire Barron on +44 79600 98985 or claire_barron@yahoo.co.uk

