

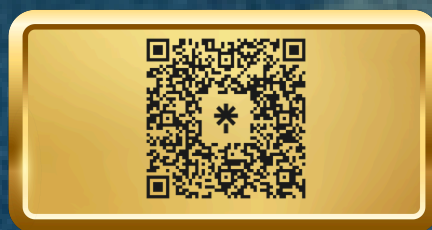
POWER WITHIN WOMEN'S Retreat

2NIGHTS

FRIDAY 4TH -SUNDAY 6TH SEPTEMBER 2026

DEZEN RETREAT PALMVIEW

- ✓ Daily Wake Up Yoga, Night Yin & Restorative
- ✓ Soul touching Meditations + Sound Immersions
- ✓ Goddess Flower Crown Creations
- ✓ Dance Party, Fire Night, Workshops
- ✓ Special Guests: Soundscapes. Massage Therapy
- ✓ Gluten Free Nourishing Food, Snacks, & Drinks



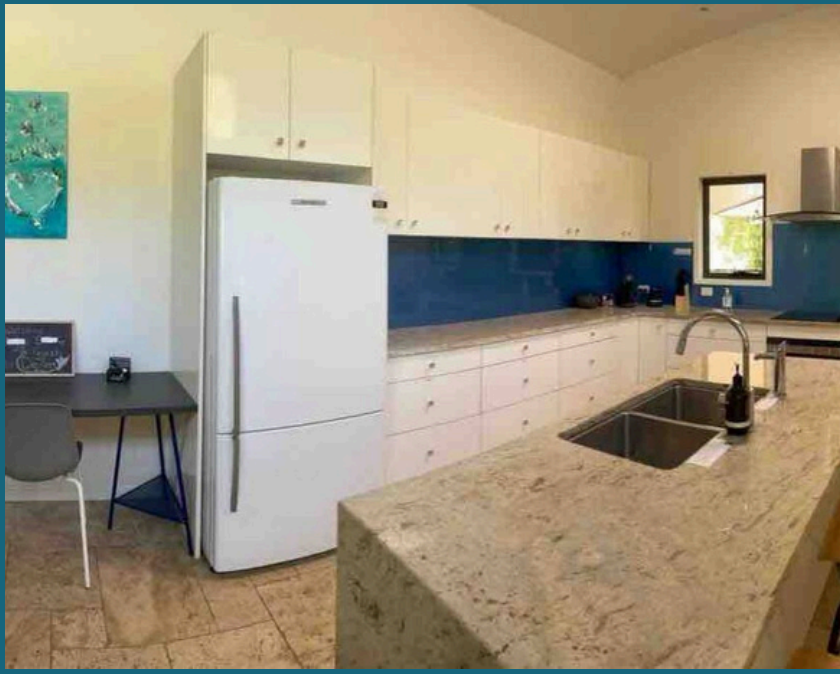
Reconnect. Awaken. Remember. Rise

WWW.HEALINGMINDSANDWELLNESS.COM.AU





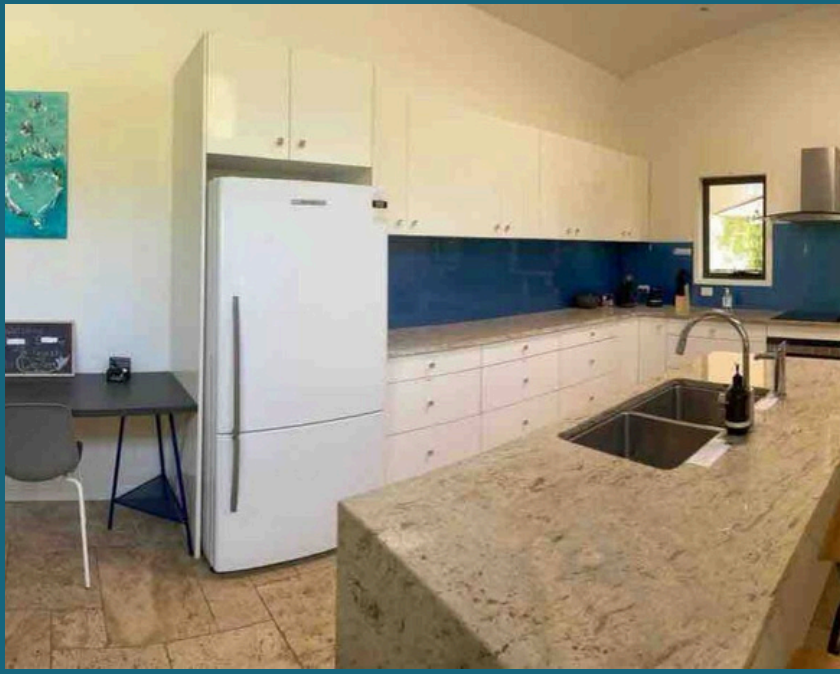
COURAGE BEDROOM
1 BED LEFT





JOY BEDROOM

1 BED LEFT
BED WILL BE SEPERATED

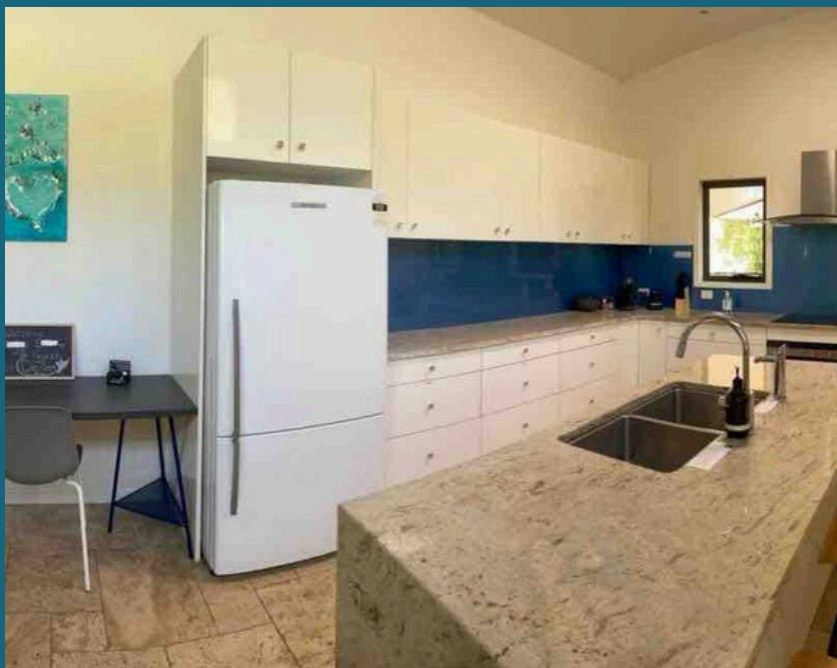




HARMONY BEDROOM

1 BED LEFT

BED WILL BE SEPERATED

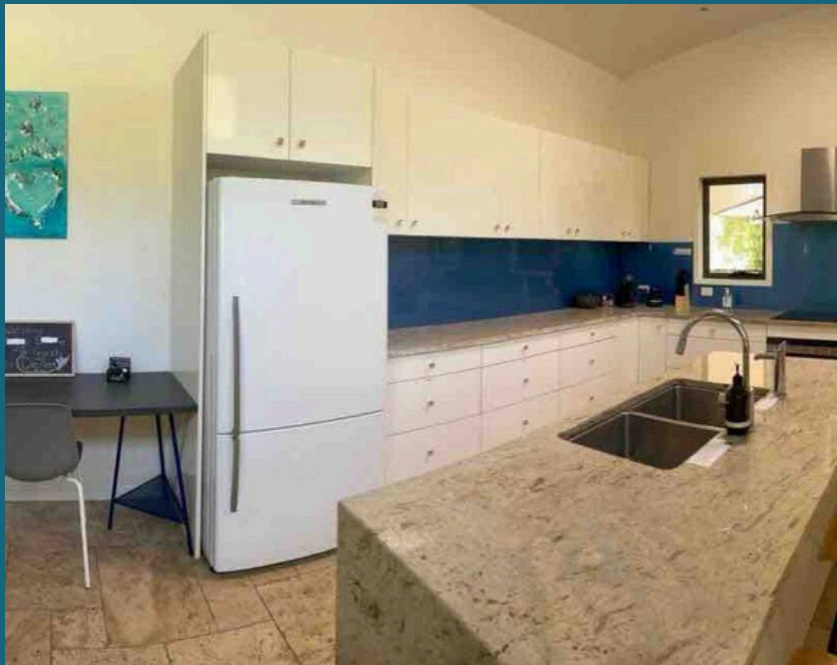


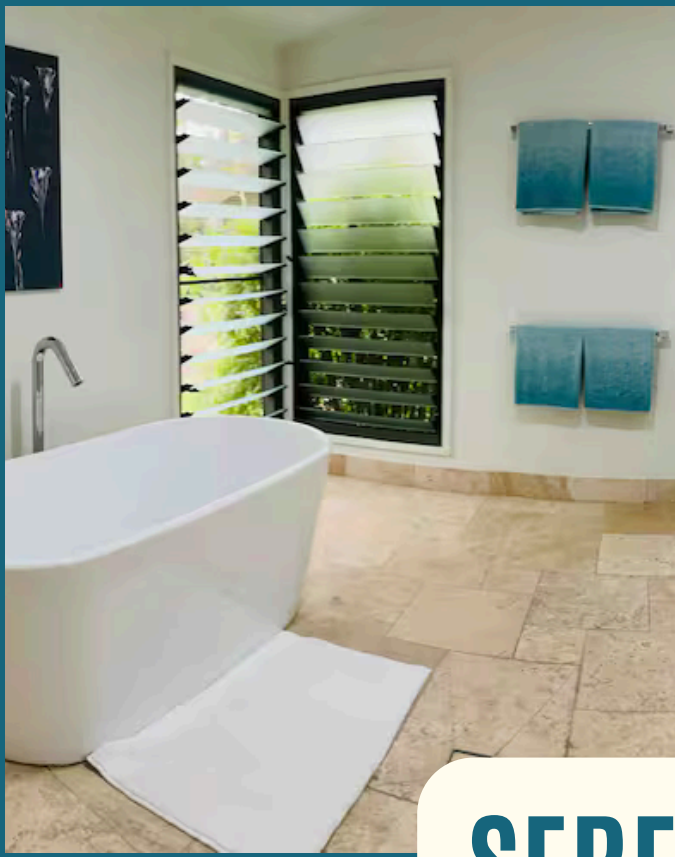


WISDOM BEDROOM

FAN ONLY

BED WILL BE SEPERATED





**SERENITY SUITE
SOLD OUT**





STILLNESS SUITE

1 BED LEFT!

**BED WILL BE SEPERATED
INCLUDES OWN KITCHENETTE**

OWN BATHROOM

SEPREATE FROM MAIN HOUSE

RETREAT ROOM OPTIONS

SURROUNDED BY TRANQUIL NATURE.

ALL ROOMS WILL BE SPILT INTO TWIN SINGLE , AIR
CONDITIONING OR FANS, AND WI-FI.

SHARED WITH ONE RETREAT GUEST OR BOOK WITH A FRIEND

COURAGE BEDROOM- FROM \$850 PP

SHARED MAIN HOUSE &
BATHROOM WITH KITCHEN &
AIR CON

JOY BEDROOM- FROM \$850 PP

SHARED MAIN HOUSE &
BATHROOM WITH KITCHEN &
AIR CON

HARMONY BEDROOM- FROM \$850 PP

SHARED MAIN HOUSE &
BATHROOM WITH KITCHEN &
AIR CON

WISDOM BEDROOM FROM \$850 PP

SHARED MAIN HOUSE &
BATHROOM WITH KITCHEN
& FAN ONLY

SERENITY SUITE- SOLD OUT

PEACEFUL POD WITH PRIVATE
BATH TUB, BATHROOM &
KITCHENETTE.
SHARED WITH ONE OTHER
GUEST
GARDEN & POOL VIEWS

STILLNESS SUITE- FROM \$950 PP

PRIVATE POD WITH PRIVATE
ENSUITE SHOWER.
SHARED WITH ONE OTHER
GUEST
GARDEN VIEWS

WHAT ELSE IS INCLUDED?

GLUTEN FREE NOURISHING FOOD, SNACKS, TREATS,
HERBAL TEAS, COFFEE, JUICE.
ALL ACTIVITES APART FROM EXTRAS (NEXT PAGE)
ALL MATERIALS FOR CRAFTING.
POOL

RETREAT ADD ON OPTIONS

INCLUDE ALL OR ONE OF OUR RETREAT EXTRAS
FOR YOUR RELAXING STAY

45MIN MASSAGE -\$100

LET GO OF THE TENSION WITH AN ONSITE
FEMALE MASSAGE THERAPIST
TIMING - FIRST IN GETS THE SPOTS ASK BEFORE OF
AFTER BOOKING.

2027 GRATITUDE DIARY - \$43

GIFT YOURSELF GRATITUDE WITH THE NEW 2027
GRATITUDE DIARY FROM LOCAL BRYON BAY AUTHOR.
BEAUTIFUL DIARY EACH YEAR FILLED WITH SO MUCH
TO READ AND LOOK AT AS WELL AS WRITE AND BE
THANKFUL FOR ALL IN LIFE

SELF-CARE PACKAGE - \$100

A PACKAGE JUST FOR YOU! LOTS OF GOODIES TO
TAKE CARE OF YOU. FILLED WITH NATURAL
PRODUCTS AND ITEMS TO HELP BRING IN
RELAXATION & PEACE AT HOME

PAYMENT OPTIONS

ALL BOOKINGS REQUIRE NON-REFUNDABLE
\$250.

PAID IN FULL 4 WEEKS BEFORE RETREAT.

PAYMENT PLAN

UPON BOOKING \$250

MIN. \$100 MONTHLY PAYMENTS VIA BANK TRANSFER
ARRANGE WITH SHARLEEN ON DATES .

PAY IN FULL

BANK DETAILS:

NAME: HEALING MINDS AND
WELLNESS

BSB: 062-692

ACCOUNT: 4999 8787

IMPORTANT

REFERENCE: YOUR FIRST NAME +
RETREAT

RETREAT REFUND & CANCELLATION POLICY

A GREAT DEAL OF LOVE, PREPARATION, AND EXPENSE GOES INTO CREATING THIS RETREAT. TO HONOUR THE COMMITMENT OF EVERYONE INVOLVED, THE FOLLOWING POLICY APPLIES:

DEPOSITS ARE NON-REFUNDABLE AND NON-TRANSFERABLE. THIS SECURES YOUR PLACE AND HELPS COVER INITIAL VENUE AND PREPARATION COSTS.

FULL PAYMENT IS 4 WEEKS DUE BEFORE THE RETREAT.

CANCELLATIONS MADE MORE THAN 30 DAYS BEFORE THE RETREAT MAY RECEIVE A REFUND MINUS THE DEPOSIT IF YOUR SPOT CAN BE FILLED BY SOMEONE ELSE.

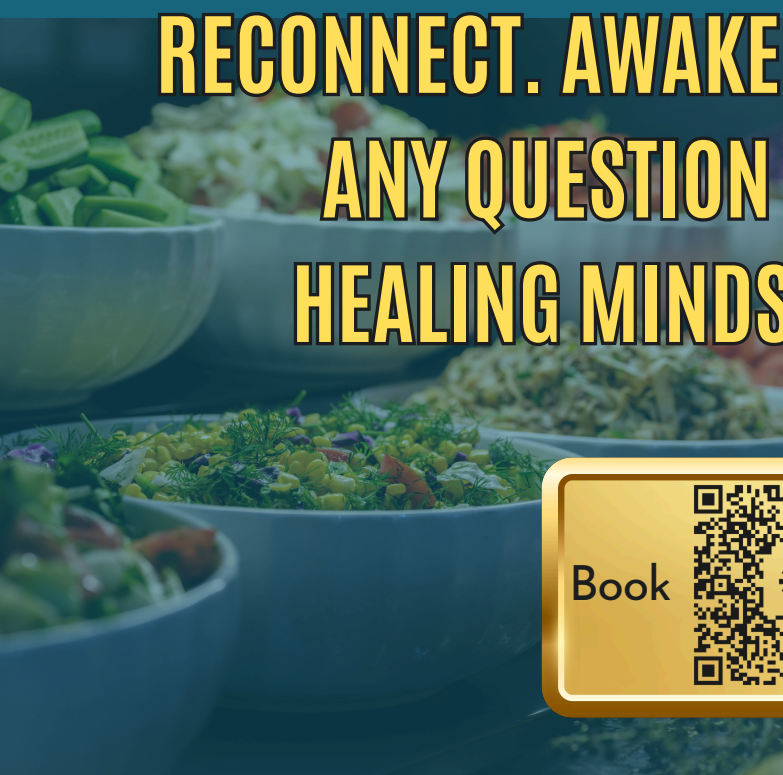
CANCELLATIONS WITHIN 30 DAYS OF THE RETREAT ARE NON-REFUNDABLE, AS ALL COSTS HAVE BEEN COMMITTED AT THAT STAGE.

IF YOU ARE UNABLE TO ATTEND, YOU MAY TRANSFER YOUR PLACE TO ANOTHER WOMAN (FRIEND OR WAITLISTED PARTICIPANT) AT NO EXTRA CHARGE.

IN THE UNLIKELY EVENT THAT HEALING MINDS AND WELLNESS NEEDS TO CANCEL DUE TO UNFORESEEN CIRCUMSTANCES, ALL PAYMENTS (INCLUDING DEPOSITS) WILL BE REFUNDED IN FULL OR TRANSFERRED TO A FUTURE RETREAT AT YOUR CHOICE.



**LOOK FORWARD TO HAVING YOU TO
RECONNECT. AWAKEN. REMEMBER. RISE.
ANY QUESTION PLEASE ASK AT:
HEALING MINDS AND WELLNESS**



Book  Here



**SHARLEEN FOX
0400503527**

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