



Rejuvenate Living Lightly Price List & Schedule

All packages include accommodation in a private room with king sized bed, ensuite and verandah with view over the lake and bushlands, all meals & refreshments, full use of facilities including pool, spa & sauna, all activities including workshops, bush walks and yoga.

Schedule

Day 1 - Arrival	3.00pm	Meet & Greet Free time -Pool-Spa-Sauna
	6.30pm	Group Introduction/light meal
	7.30pm	Living Lightly
	9.00pm	Rest-Relax - Lights out at 10:00pm

Day 2	8.30am	Mindfulness and Meditation
	9.00am	Walking lightly
	10.00am	Yoga – Moving with Intention
	11.30am	Brunch
	12.30pm	Lightness of Mind
	2.00pm	Free time, sauna, spa, pool
	4.00pm	Mind -Body Connection
	5.30pm	Dinner
6.30pm	Mindful Movement – ‘Loving What Is’	
8:00pm	Rest-Relax – Lights out 10:00pm	

Day 3	8.00am	Mindfulness and Meditation
	8.30am	Walking Lightly
	9.30am	Where to next?
	11.00am	Brunch
	11:45am	Living Lightly
	12:15pm	Depart

WORKSHOP TOPICS

- **Mindfulness** – Taming the Monkey Mind
- **Moving with Intention** – Rest and Digest
- **Intermittent Fasting** - Restore your energy levels and eliminate cravings
- **Stress Release** - Using mindfulness tools to reduce the impact of stress and live your life fully.

Melbourne retreat location: Hazeldene Yarra Valley, 450 Hazeldene Rd, Gladysdale Victoria, 3797

Pricing options:

2 night package	Single	\$1,099
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	10% early bird discount	\$ 990
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	35% discount per person twin share	\$ 715
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A 20% deposit is required to secure your booking, balance due 7 days prior to commencement date

Ongoing Investment in you!

**Hypnotherapy & Transformational Mindset Coaching - Julie offers individual coaching and goal-setting sessions as a follow-up to continue your living lightly journey:*

**Life Counselling – Lisa offers counselling and online meditation sessions as a follow-up to continue your living lightly journey - Contact purposeinlife404@gmail.com or 0414527610*



Bank details: Rejuvenate Health & Fitness Retreats BSB: 063 146 AC#: 1044 4284 Card payments accepted (2% surcharge)