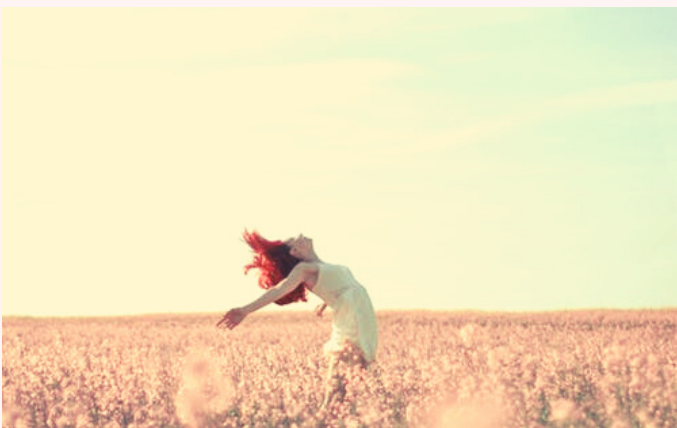


# WOMEN'S WELLNESS RETREAT

20-22 November 2020 - Tekapo

You are invited to join this nourishing & inspiring retreat which is not to be missed. To be part of the magic register today.



# RELAX, RESTORE, REJUVENATE

The theme for our 2020 Women's Wellness Retreat



The Women's Wellness Retreat is designed to relax, restore & rejuvenate you. As a retreat participant you will be invited to share with us what you would like to get out of the retreat. You get to set your intentions & we support you over the weekend to live your best life.

The retreat programme features Yoga, Qoya, Wellness workshops and a wholefoods cooking demo. The programme has been designed to relax, restore and rejuvenate you. All activities are optional; if you would rather a sleep in than do a morning yoga class that is fine.

All meals are provided and are wholesome, delicious and made with love. We source local and organic food where possible and prepare and cook on site during the weekend. We endeavor to meet all dietary needs and preferences for our guests.

The intention of this weekend is that our workshops and sessions will relax, restore and rejuvenate you as you make time and space for yourself. We hope that you will feel encouraged and inspired. The programme is flexible and we operate on a fluid 'Tekapo time'.

You are welcome to explore during your free time. There are a variety of fantastic local walking tracks and the lake is at our doorstep. Or relax at the house with your journal or browse through our eclectic range of books and magazines.

The investment for your health and wellbeing is for an all inclusive weekend; accommodation, wholesome tasty meals, workshops, Yoga, Qoya and cooking demo.



# ISOLATION BAY, TEKAPO

Your beautiful home for the weekend



Isolation Bay is simply one of the most beautiful, private and inspiring locations for a refreshing and nourishing retreat weekend. This is laid-back & unpretentious luxury at its best!



To get the vibe for your retreat home check out [www.isolationbay.com](http://www.isolationbay.com)



# TESTIMONIALS

Hear what previous attendees have said about their experience of these nourishing retreats



*"I left the retreat absolutely buzzing and feeling really for the first time in my life, that my mind, body and spirit were inline with each other. Penny and Kate are a wonderful team who have really made a positive impact on me.*

*Wonderful, talented and truly inspiring women! "*

*"This retreat absolutely surpassed my expectations and since returning home I have never felt so calm yet energetic. It was truly wonderful."*

*"Amazing opportunity and I'm so glad I could make this happen! I really hope I can come to another one!"*

*"A relaxed and inviting environment that provided time for reflection and insight."*

*"It has allowed me to slow down and take the time to focus on me."*

*"Delicious, nourishing and plentiful food. I will be recommending this to everyone."*

*"You have allowed me to reboot and motivated me to make positive changes to my wellness."*



# YOUR RETREAT HOSTS

Our Retreat team brings a bundle of energy, enthusiasm & passion for wellness. Together we hope to inspire you to relax, restore, rejuvenate and live a thriving life.



## Penny Wilson

Penny is an Integrative Health Coach who is passionate about connecting women and encouraging them to shine to their full potential. Penny will lead workshops exploring living with balance, passion and whole-hearted wellness.

 tekapowellness

[www.tekapowellness.co.nz](http://www.tekapowellness.co.nz)



## Kate Watkinson

Kate is a Yoga & Qoya teacher, soul searcher and lightworker. She is passionate about empowering women to move from surviving to thriving. Kate will share Yoga, Qoya, and meditation during the retreat to relax, restore and rejuvenate you!



THRIVE *in* LIGHT

[www.thriveinlight.co.nz](http://www.thriveinlight.co.nz)

# WOMEN'S WELLNESS RETREAT

## Retreat Programme

Friday

3.30pm Arrival with time to settle in

4.30pm Welcome Session

5.30pm Yoga Movement

7.00pm Evening meal



Saturday

7.30am Yoga & Meditation

9.00am Breakfast

10.00am Workshop with Penny

12.30pm Lunch

1.30pm – 3.30pm free time

3.30pm Qoya

5.00 pm whole foods cooking demo

6.30pm Evening meal

8.30pm Yoga Nidra



Sunday

6.30am Optional; Welcome the Sunrise

7.30am Yoga & Meditation

9.00 am Brunch

10.30am Workshop with Penny

11.00am Reflection & next steps

12.00pm Retreat Closes

# ACCOMMODATION PACKAGES



ROOM WITH A VIEW  
**Booked - please choose  
another option**  
\$845 pp



SPACE TO YOURSELF  
**Booked - please choose  
another option**  
\$795 pp



SHARE WITH A FRIEND  
**Booked - please choose  
another option**  
\$745 pp



BUNK IN  
A shared space for up to  
four people with a shared  
bathroom.  
Bottom bunk \$725 pp  
Top bunk \$645 pp