bliss

BEING LOVE INSPIRE STRENGTH SELF

WELLNESS DAY RETREAT

Join us for a blissful relaxing day to recharge, rebalance and renourish
mind, body and soul.
As you drive into Gembrook, travel the rolling hills, the melody of birds all around,
take a deep breath and start to relax.
You are invited to enjoy a self-indulgent day,
allow yourself to slow down and feel looked after.
A day for healing, an opportunity to expand your being,
to connect to inner calm and feel centred,
enhance your wellbeing……..a day you truly deserve.

theme & intention for the day ~ NOURISHING HEART & SOUL

Nature Walk

Riverbell is surrounded by extensive native bushland, nature at it's best.
Our walk will take us through beautiful scenery, a chance to experience peace and serenity and connection to the land (weather permitting).

Hour of Self-Power

A creative series of stretches and exercise, a workshop using mindfulness and integrated techniques, releasing hypertonic muscle and neuro tension, enabling our mind and body to let go, relax and feel more self-empowered.

Meditation

A guided meditation, using music and creative visualisation will lead you to a state of feeling calm and quiet. This deep relaxation will allow you to let go of physical and mental stress, leaving you feeling more positive and balanced.

Yummy Food

An important aspect of the day, of coarse! Fresh fruit smoothies in the morning, healthy nibbles and treats and a variety of herbal teas, your senses will be delighted. French inspired vegetarian lunch will be cooked and served at the homestead, catering for a variety of tastes.

Guest Speaker

Sandi German (Kinesiology Practitioner & Positive Mindset Coach, Meditation & Mindfulness Facilitator and *Founder of Bliss Wellness Day Retreats)* will present ideas about the values around nourishing ourselves through our thinking, feeling and behaviour and explores how this creates greater opportunity to live on purpose, feeling more fulfilled in our everyday lives.

Time Out

There will be plenty of time during the day, for you. Outdoor lounging on the deck enjoying the expansive views, relaxing in a cosy corner near the fireplace, read a book, go exploring and you'll see the three resident horses, or enjoy some tea with friends. The tranquility is harmony to our wellbeing.

Bookings

Saturday 15th October 2022 – 10:00am to 6:00pm
Riverbell, 2805 Gembrook-Launching Place Road, Gembrook
$220pp or $200pp for group bookings of 3 or more persons
www.trybooking.com/358317

Flow of the day

10:00am	Arrival - herbal teas/fresh smoothies
10:30am - 11:30am	Group walk – A track runs through the bush on the property.
11:45am - 1:15pm	Self-empowering Stretch & Strengthen Exercise / Workshop, followed by Meditation
1:15pm – 1:30pm	Free time to relax
1:30pm – 2:30pm	Lunch
2:30pm – 3:30pm	Free time for you
3:30pm – 4:30pm	Wellness Guest Speaker – Sandi German
4:30pm to 6:00pm	Gathering & Refreshments

Look forward to sharing a beautiful day with you,
Warmest,
Sandi

CHAKRA EVENTS
Meditation & Wellness Day Retreats

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