

# Rejuvenation Retreat

16 – 19 June 2022 & 8 – 11 September 2022



**\$897 per person** Your retreat includes...

- ◆ 3 nights accommodation in your own cabin with private facilities – space & time for you
- ◆ All meals included ~ delicious, nourishing & healthy
- ◆ Beautiful bush walking, peaceful meditations around the property including private access to the stunning Avon River, creative play, Chakra movement, sound healing, fire ceremony, Bodytalk session...and a few extra surprises !
- ◆ A fun, rich, playful & nourishing environment that will soothe your soul & uplift your spirit
- ◆ Plenty of time to just be & immerse into your breathtaking & peaceful surroundings
- ◆ Optional extra of a Hawaiian Lomi Lomi massage – deeply relaxing & nurturing
- ◆ Guided by Julie Baker

**From Thursday at 4pm to Sunday at 2pm**

*Nestled within the hills of the Chittering Valley, Western Australia, this stunning 1800 acre property is surrounded by pristine state forest on all four boundaries. You will enjoy breathtaking views down to the majestic Avon River & across the valleys of the surrounding National Parks.*

*A long weekend away to restore your body, mind & soul. A place to rest & be nurtured by the greatest source of energy ~ Mother Nature. How good would it feel to surrender all commitments & responsibilities for a weekend, allowing yourself to receive true nourishment nestled in this stunning Aussie bush? Kangaroos, kookaburras, emus, cockatoos, ancient lemon scented eucalypt trees & brightly coloured wattles surround you. Breathe & lean in to the space & peace that your retreat inspires.*

*Your guide is Julie Baker ~ founder of Journeys of the Spirit. . Julie will share simple tools & techniques you can use ongoingly to shift you from overwhelm to calm, reconnecting you to your innate core of peace, balance & joy.*

*Would you like to join us?*

*For more details contact Julie at Journeys of the Spirit on 0427 766 716 or [spirit@iinet.net.au](mailto:spirit@iinet.net.au)*