



# RESTORATIVE RETREAT

MONDAY 3RD - TUESDAY 4TH JANUARY

If you're like most people with everything that's been happening the past 2 years you could probably do with a much needed break.

Take some time out to decompress... to switch off and let go of all the stress... to give yourself the inner space to take a deep breath and learn some new skills to help you reconnect with your self so you can re-engage with life in a new way.

Whatever the reason, if you feel like you could do with a break to pause and reset, this is your invitation to join Juliet and Yvette at their beautiful property just 1hr north of Sydney for some inner healing and transformation to help anchor, ground and rebalance your energy.



For Bookings & Inquiries contact Juliet on  
0413 199649 or [juliet@julietmartine.com.au](mailto:juliet@julietmartine.com.au)



## Detox Your Energy

Our main purpose in offering these retreats is to provide you with the opportunity to:

- Switch off and leave behind all the media, technology, people, and events that drain your energy so you can take time out to really rest, recover and replenish your Soul
- Immerse yourself in a beautiful relaxing harmonious natural environment to help you reconnect at a deeper level with self, community and nature
- Start the day with a gentle meditation to realign your energies
- Learn new skills to help balance your energy to develop a greater sense of ease and flow, and
- Leave the weekend with new tools to help strengthen your level of resilience to better assist and support yourself during these challenging times

## Time Out For Self Care

During times of stress and strain we all could benefit from some self care. If you've been feeling:

- Anxious
- Stressed
- Isolated
- Overwhelmed
- Exhausted

join us for a Restorative Retreat for you to get away and feel more:

- Calm and relaxed
- Peaceful and connected
- Rejuvenated and uplifted
- Positive and empowered, and
- Better able to support and sustain your energy in new and invigorating ways

## What's Involved

**WHO:** For individuals. Or bring a partner, best friend, or family member who might be in need of a break. Private retreats can also be arranged for work-based teams or friendship groups mid-week or on a weekend

**WHEN:** 2 Day Workshop Program held 10am - 4pm Monday 3rd & Tuesday 4th January

**WHERE:** In a peaceful studio space on our semi-rural property 1hr north of Sydney on the Central Coast. If you require accomodation we have guest rooms available at no charge or make your own arrangements at a local hotel or AirBnb

**COST:** \$595, including vegetarian meals. All bookings fully refundable or transferable should you need to cancel or change your booking due to Covid-19 related reasons, or in the event we need to reschedule a weekend due to Covid-19 issues



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