



Inner Peace

GETAWAYS

**Sometimes you just need a break
in a beautiful place.**

2 nights, 3 days, Luxury Women's Retreat
Pokolbin, the heart of the Hunter Valley, NSW

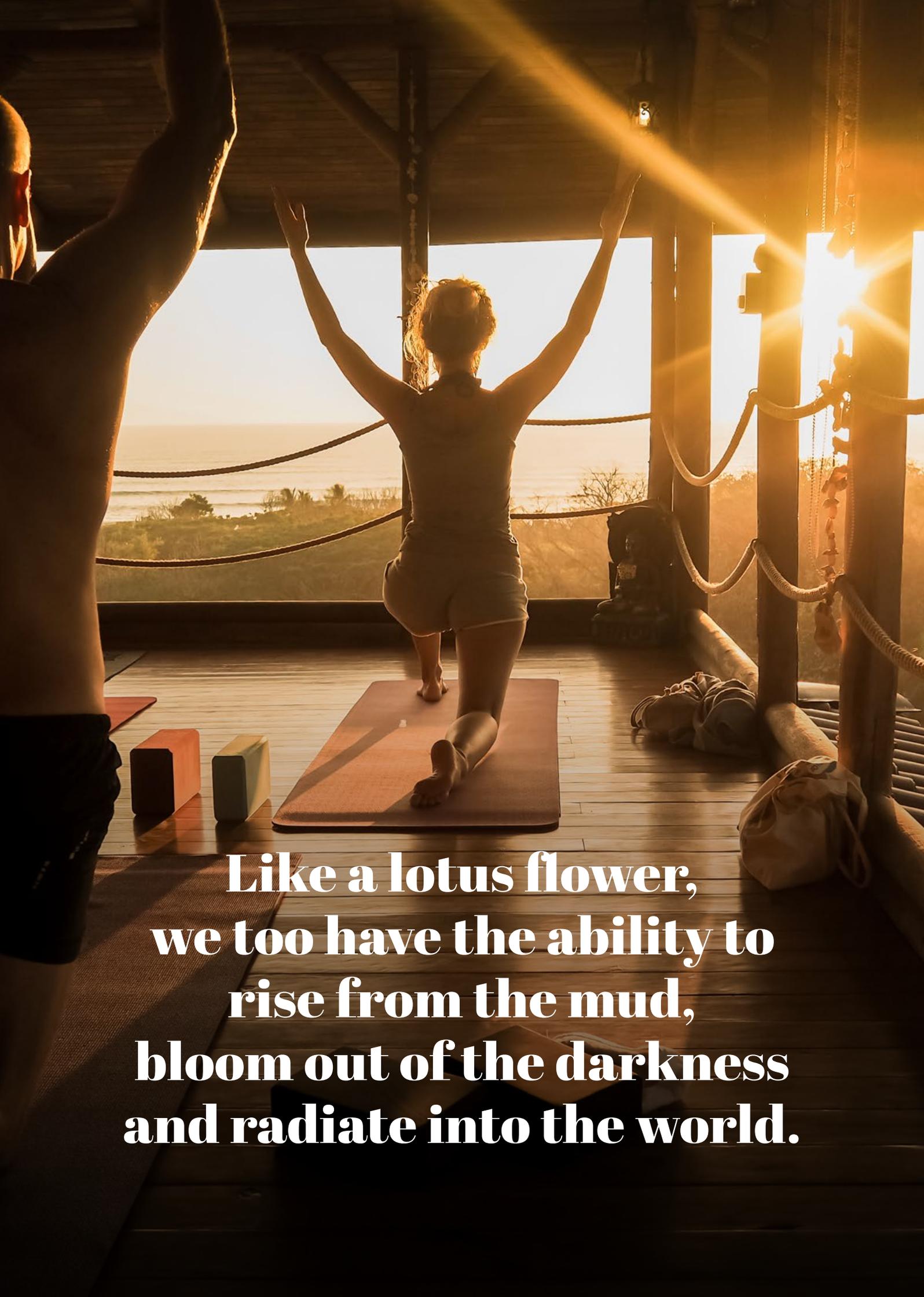


The perfect blend of relaxation and education.

Inner Peace Getaways is fun, enlightening and a great opportunity to connect like-minded ladies who are dedicated in making their emotional, spiritual, mental and physical wellbeing a priority.

Take the time and space to “let go” of the weight of the world, any pain from the past and worry of the future. Learn to live in the “NOW.” Re-ignite your inner light, boost your batteries and build long lasting positive change.



A person is performing a yoga backbend (Urdhva Dhanurasana) on a mat in a studio. They are silhouetted against a large window that looks out onto a beach and ocean at sunrise. The sun is low on the horizon, creating a warm, golden glow and lens flare effects. The person's arms are raised and their hands are near the ceiling. In the foreground, the back of another person's head and shoulders is visible, also in silhouette. The studio floor is wooden, and there are yoga blocks and mats scattered around.

**Like a lotus flower,
we too have the ability to
rise from the mud,
bloom out of the darkness
and radiate into the world.**



Intention.

Daily yoga, meditations, breathwork, delicious nourishing wholesome food, nature walks, educational workshops, Reiki and Energy Healing, Cacao and fire meditations, singing bowls and optional extras including aqua aerobics, mineral pool, sauna, spa, jacuzzi, massages, facials, wine tasting, all tailored to nourish your mind, body and soul.





Friday

- | | |
|--------|-------------------------------|
| 2:00pm | Arrival |
| 3:00pm | Welcome & Opening Circle |
| 4:30pm | Yoga, Meditation & Breathwork |
| 6:00pm | Dinner |
| 7:00pm | Yoga Nidra |
| 8:00pm | Free Time and Rest |





Saturday

6:30am	30 min Energise Aqua
7:30am	Dynamic Yoga & Pranayama
9:00am	Breakfast
10:00am	Healing Workshop
11:00am	Morning Tea/ Journaling/ Mandala and Free Time
1:00pm	Lunch
2:00pm	Free Time and Optional Spa Treatments (Massages/Facials)
4:00pm	30min Gentle Aqua
5:00pm	30min Yin Yoga
6:00pm	Wine Tasting and Cheese Board
7:00pm	Dinner
8:00pm	Cacao & Fire Ritual
9:00pm	Rest





Sunday

- | | |
|---------|-------------------------------------|
| 7:00am | 30min Energise Aqua |
| 8:00am | Dynamic Yoga & Pranayama |
| 9:00am | Breakfast and Checkout of Room |
| 10:00am | Healing Workshop and Closing Circle |
| 11:00am | Checkout |



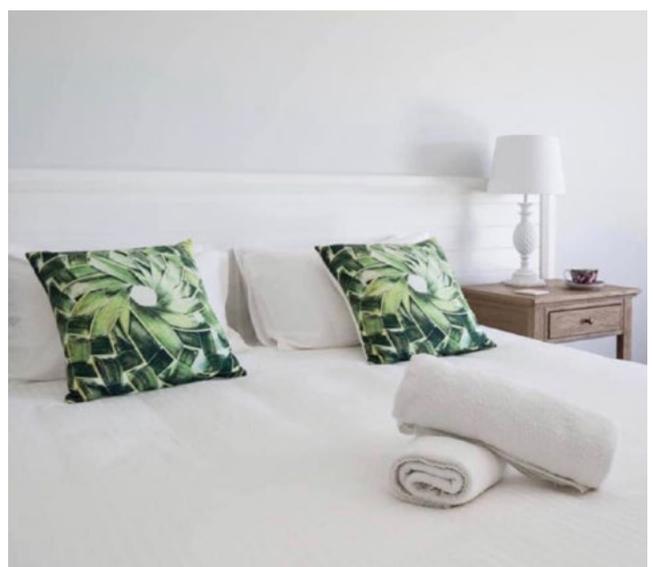
Experience physical, emotional and energetic healing through all the modalities offered.

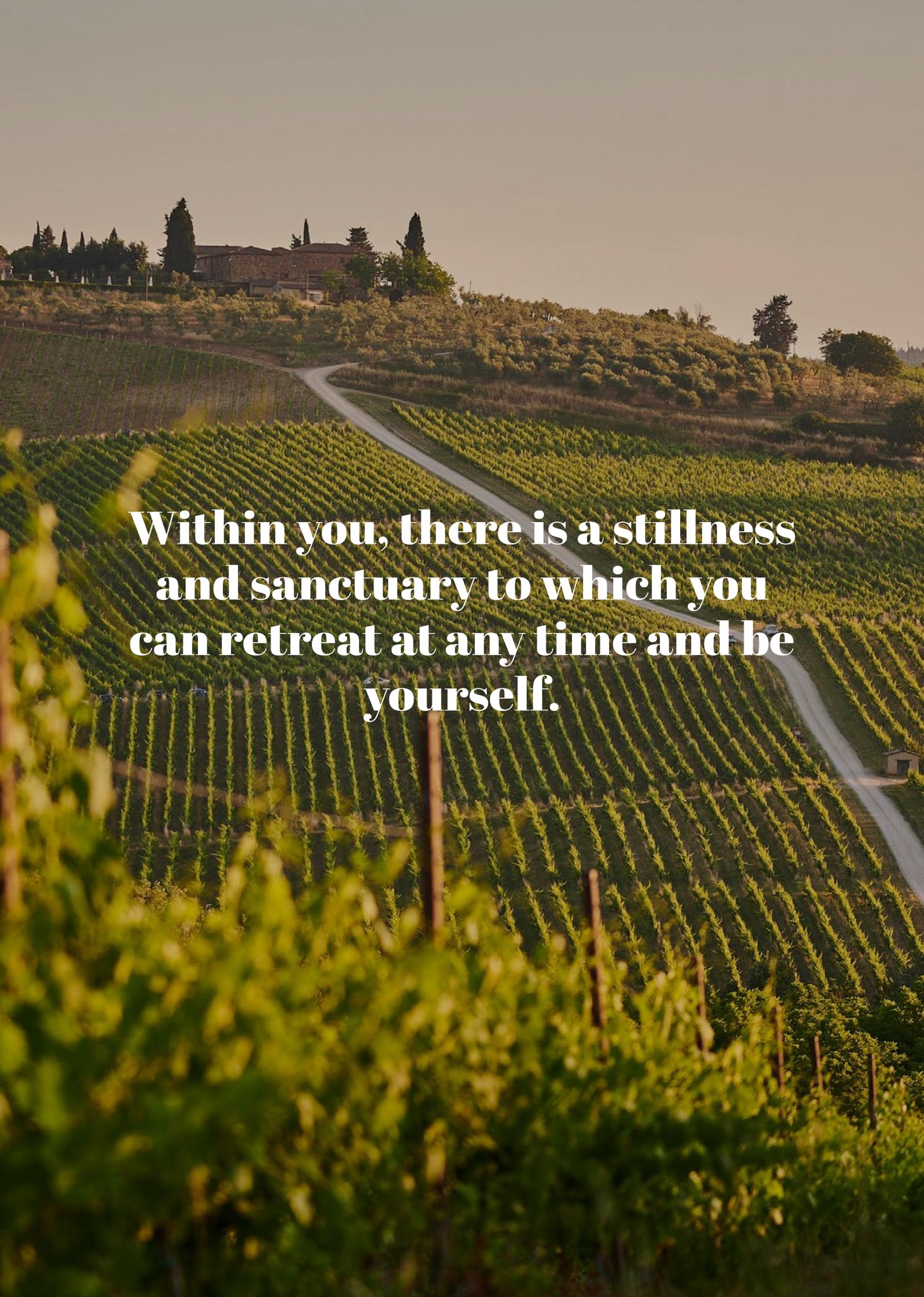


You can do as little or as much as you like, build connections with like-minded people or enjoy the solitude on your own.

Choose from 5-star luxury accommodation with private ensuites or the twin share option with shared bathrooms.

The choice is yours and the getaway will be tailored and priced to suit your needs.



A scenic view of a vineyard on a hillside. The foreground is filled with rows of green grapevines, some in sharp focus and others blurred. A winding dirt road curves through the middle ground. In the background, a stone building with a tiled roof sits atop a hill, surrounded by trees and shrubs. The sky is a clear, pale blue.

**Within you, there is a stillness
and sanctuary to which you
can retreat at any time and be
yourself.**

Inclusions

- 3 Days, 2 Nights Luxury Accommodation in Private Rooms with Ensuite at a beautiful private resort
 - Daily Yoga, Meditation and Movement for all levels
 - Breathwork, Reiki, Energy and Emotional Healing
 - Cacao and Fire Ceremony
 - Practical Workshops and Talks
- Chef-prepared, gluten free, vegetarian meals & snacks, herbal teas and fruit
 - Wine Tasting and Cheese Board
 - Bush walking and nature walks
- Decadent goodie bag to take some of the magic home with you
- Indoor Heated Mineral Pool, Jet Spa, Steam Room, Gym
 - Outdoor Pool with Sundeck

Exclusions

- Day spa offering massages and facial treatments (optional at additional cost)
 - Travel / Flights to venue
 - Alcohol (wine tasting included)





Bookings & Investment

\$1400 Twin Share (per person)

\$1800 Single/ Private Room

10% discount applied for upfront payments
and bring a friend rate.

Payment plans available.

Inner Peace Getaways is looking forward to welcoming you on your journey to inner peace. Congratulations on taking the step to rejuvenate, re-energise and provide your body with the self-care it deserves.

Bookings are made via a 1:1 Retreat discovery call to get to know you and answer any questions you have with your host, Emma.

[Book My Retreat](#)





**There is a calmness to a life lived
in gratitude, a quiet joy.**



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