

STRONG WOMEN, SOFT HEARTS

ARE YOU READY TO TRY SOMETHING NEW?

ARE YOU READY TO TRAVEL OUT OF YOUR BUBBLE AND STEP BACK INTO NATURE?

ARE YOU UP FOR SOME FUN AND ADVENTURE WITH A SLICE OF SERENITY?

Recently, I was fortunate enough to visit the exquisite town of Lorne. I came back feeling so invigorated. Reconnecting with the bush and the ocean lifted my spirits and soothed my soul! It was an incredible few days, especially after two years of lockdown....

BUT: Something stood out to me.

I noticed that the family activities had 'Mum' sitting on the sidelines, waiting patiently for their children to finish the activities.....

WELL I SAY TO HELL WITH THAT! LETS JOIN IN. GET INVOLVED!

No more worrying that you aren't capable, will look silly, or that you're 'too old for that sort of thing'

Imagine how proud you'll feel when you can tackle a tree top obstacle course that challenges you physically and mentally.

Imagine your amazement when you stand on a surfboard in the rolling waves. You'll feel unbeatable, invincible!

As Mothers we have to be strong, so let's build on that strength and confidence and let's reconnect with our soul source, nature. Let's find our lightheartedness, and tap into that beautiful child and calmness within.

BOOK BEFORE 15 OCT

- WWW.KNOWING.ORG



ACTIVITIES



YOUR HOST **JULIE SHARPE**
IN PARTNERSHIP WITH
ANNA BIDGOOD
(MINDSET COACH AND YOGA TEACHER)
INVITE YOU TO OUR
'STRONG WOMEN, SOFT HEARTS'
RETREAT
NOVEMBER 11TH TO 14TH

WE WILL TAKE YOU TO QII HOUSE, LORNE,
FOR A **3.5 DAY, 3 NIGHT** FUN FILLED ADVENTURE.

QII HOUSE IS A JAPANESE INSPIRED ECO LODGE NESTLED IN TRANQUIL, LUSH RAINFOREST.
ONLY A 15 MINUTE SCENIC DRIVE TO THE SEASIDE TOWN OF LORNE, THE GREAT OCEAN RD AND
ITS SPECTACULAR BEACHES.

FULL PACKAGE PRICING

- \$795

KING SHARED BED

- \$875

| SINGLE BEDS (SHARED ROOM 2 PEOPLE)

- \$950

| KING SOLO ROOM

BOOK BEFORE 15 OCT

- WWW.KNOWING.ORG



QII HOUSE

Qii house offers a tranquil retreat to refresh after the days activities, surrounded by abundant walking tracks, picnic grounds and waterfalls. There's also time for creativity, contemplating and even karaoke!



STRONG WOMEN, SOFT HEARTS

PROPOSED ITINERY:

FRIDAY

5pm _ 6pm arrival
6pm welcome drinks
6:45 pm _ dinner
7:30 pm _ ceremony/ yoga Nidra

SATURDAY

8am _ forest hike to picnic area with breakfast
1pm _ Lunch
2pm _ free time (activities: japanese bath, forest bathing, teahouse,
exploring surrounds, naps, reading, creative activities options available)
4:30pm _ Yin Yoga
6pm _ drinks
6.45 pm _ dinner
8pm _ Karaoke!!!!

SUNDAY

8am _ Qigong
9am _ breakfast
11am _ Live Wire Park _ tree top adventure _ (snacks provided)
2pm _ lunch
Free time
6pm _ drinks
6:45pm _ dinner _ pizza night
Fire pit & cacao _ under the waning moon
8:30pm _ Yoga Nidra

MONDAY

8am _ yoga
9am _ breakfast
10am _ check out
11am _ Learn to surf
1pm _ Lunch
HOME