

# BUSH TO BEACH MEDITATION RETREAT

13<sup>th</sup> to 27<sup>th</sup> May 2024

ITINERARY





## ITINERARY

### Day 1 – Monday 13<sup>th</sup> May - Moogerah

- Set up camp at [Lakeside Bush Retreat Moogerah](#)
- Complete questionnaires
- Free time
- Fire ceremony

### Day 2 – Tuesday 14<sup>th</sup> May – Moogerah

- M&M Session 1 – Introduction to Mindfulness & Meditation
- Hike (4km - 2 hours)
- Journal art workshop
- Free time

### Day 3 – Wednesday 15<sup>th</sup> May - Moogerah | Stanthorpe

- Morning tea at [Kooroomba lavender farm](#)
- Drive from Moogerah to Stanthorpe (approx 2.5 hours)
- Donnellys Castle
- [Stanthorpe Cheese](#)
- Set up camp at [Sommerville Valley](#)
- Free time



#### **Day 4 – Thursday 16<sup>th</sup> May - Stanthorpe**

- M&M Session 2 – Breathing Techniques to Reduce Anxiety
- [Winery tour](#)
- Free time

#### **Day 5 – Friday 17<sup>th</sup> May - Stanthorpe**

- [Girraween National Park](#) hike (4km – 2 hours)
- Free time

#### **Day 6 – Saturday 18<sup>th</sup> May - Stanthorpe | Dalby**

- Drive from Stanthorpe to Dalby (approx. 3.5 hours)
- Set up camp at [Dalby Tourist Park](#)
- Free time (stock up on supplies)

#### **Day 7 – Sunday 19<sup>th</sup> May – Dalby | Roma**

- Drive from Dalby to Roma (approx. 3.5 hours)
- Bottle Tree
- Set up camp at [Big Rig Van Park](#)
- M&M Session 3 – Relaxation Techniques
- [The Big Rig Show](#)

#### **Day 8 – Monday 20<sup>th</sup> May - Roma | Carnarvon**

- Drive from Roma to Carnarvon (approx. 3.5 hours – fuel up at Injune)
- Set up at [Wallaroo Retreat](#)
- [Wonders of Wallaroo](#) eco tour
- Free time



## Day 9 – Tuesday 21<sup>st</sup> May - Carnarvon

- Lower Gorge Hike with [Australian Nature Guides](#) (14km - 8 hours)
- Free time

## Day 10 – Wednesday 22<sup>nd</sup> May - Carnarvon

- Self-care workshop
- Massages
- Free time

## Day 11 – Thursday 23<sup>rd</sup> May - Carnarvon | Biloela

- Drive from Carnarvon to Biloela (approx. 4 hours)
- Set up camp at the [Boomerang Caravan Park](#)
- M&M Session 4 – Managing Your Thoughts
- Free time
- Dinner at the local pub (optional)

## Day 12 – Friday 24<sup>th</sup> May- Biloela | 1770 | Agnes Water

- Visit [Spirit of the Land Mural](#)
- Drive from Biloela to 1770 (approx. 3.5 hours)
- Discovery trail walk
- Set up camp at [NRMA Agnes Water Caravan Park](#)
- M&M Session 5 – Processing Emotions
- Free time



### **Day 13 – Saturday 25<sup>th</sup> May - 1770 | Agnes Water**

Choose between

- [Lady Musgrave Island Tour](#) OR
- [LARC Paradise Tour](#)

### **Day 14 – Sunday 26<sup>th</sup> May – Agnes Water | Elliott Heads**

- Drive from Agnes Water to Gin Gin (approx. 1.5 hours)
- Drum making workshop with [The Crystal Shaman](#)
- Lunch at Gin Gin hotel (optional)
- Drive from Gin Gin to Elliott Heads (approx. 1 hour)
- Set up camp at [Elliott Heads Holiday Park](#)
- Free time

### **Day 15 – Monday 27<sup>th</sup> May - Elliott Heads | Home**

- Labyrinth walk and retreat close
- Drive from Bargara to the Sunshine Coast (approx. 3.5 hours drive)



## RECOMMENDED PACKING LIST

This is a suggested list of items to pack (if you are hiring a van, it will have most of this, but it's good to double-check):

- Ground mat for under awning and dust pan/broom to sweep dirt/leaves off it (mini blowers are even better!)
- Camp chair and small fold up table
- Firepit/brazier, fire starters, lighter/matches, paper, kindling, wood (Michelle will have all this)
- Spare pegs, rope and mallet (for awnings)
- Laundry bag, laundry powder (I love Spacewhite strips), pegs, \$1 coins for washing machines and dryers (usually take \$4 each)
- Bucket (for washing dishes) and dish drainer (can get collapsible ones from Kmart)
- Tea towel, dishcloth, plug, scourer, dish liquid
- Cutting up board, sharp knife
- Cutlery, crockery, cups (2 sets of each)
- Containers, ziplock bags, bag clips, rubber bands, hooks
- Shopping bag
- 1 or 2 burner gas hot plate and eight gas canisters
- Billy for boiling water, saucepan and frypan
- 10L of drinking water and a water bottle/bladder for hiking which fits 2 litres
- 2 x towels and a spare blanket
- Toiletries (packed in a bag that can hang in the shower and is easy to transport) and bathmat (e.g. wooden or rubber one from a cheap shop)
- Insect repellent and sunscreen
- First aid kit
- Torch and/or headlamp
- Day pack/backpack, water bladder and walking poles
- Toolkit
- Stationery kit

If taking your own car and not a van you will also need:

- Bed linen for some of the cabins - sheets, pillow case for a double bed
- Portable car fridge (you can buy for less than \$200)



## RECOMMENDED PACKING LIST CONT.

A week's worth of clothes (we can wash at most van parks and recommend doing so at Roma and/or Biloela but keep in mind most of them will only have 2-3 washing machines).

Include:

- Swimmers
- Underwear
- Socks
- Sleepwear
- Waterproof jacket
- Comfortable pants/shorts for hiking (preferably long ones)
- Tshirts and singlets for walking/hiking
- Lounging around gear, e.g. skirts, pants, singlets, tops
- Warmer clothing for night-time, e.g. trackies, leggings, jumpers, cardigan, wrap (temps do drop especially at Stanthorpe)
- Hat, beanie, gloves
- Hiking or good quality walking shoes, ugg boots and slides/thongs (shoe holders you can hang on the back of your seat are great for storing these)

Five days' worth of food – some suggestions/ideas:

- Tea, coffee, milk
- Bread, wraps, butter, spreads
- Cereal
- Fruit
- Prepackaged ready to cook vegetables for stir-fries or curries
- Cooked chicken
- Diced or strips of meat
- Veggie sticks and dips for when you don't feel like cooking
- Ready to cook meals like noodles, rice, pasta
- High protein snacks for hiking, e.g. nuts, chickpeas, bliss balls, muesli bars
- Electrolyte drinks, e.g. hydrolyte, coconut water



## BOOKING TERMS AND CONDITIONS

By registering for this retreat, you agree to the booking terms and conditions and code of conduct as follows:

- The rules and safety measures at each accommodation venue must be observed at all times. If you cause any property damage, you will be liable for costs incurred.
- If van hire has been organised on your behalf, you agree to observe your van's rules and safety measures as per instructions given to you by the van hirer. If you cause any damage to the vehicle, you will be liable for any costs incurred (not covered by the insurance) and any applicable insurance excess.
- If your transport option for the retreat is your own vehicle, you must have fully comprehensive insurance and roadside assistance, and you may be asked to provide proof of this when booking.
- Travel insurance is recommended for your own protection.
- There are areas we travel to on the retreat where phone reception is limited and non-existent. If you don't have a two-way radio in your vehicle, a booster device or satellite phone is recommended. These can be rented or purchased. Michelle can provide you with recommendations.
- You are responsible for your own COVID-19 protective action, e.g. vaccination mandates, social distancing, hand sanitiser, mask-wearing, checking in, tracking and tracing, quarantine regulations. Please check all restrictions and regulations before departure which can be found [here](#).
- All retreat and program materials are not to be copied, shared or distributed (including meditation recordings).
- There are no warranties, guarantees or promises of any kind with respect to this retreat and the activities.
- You acknowledge that all activities may carry inherent dangers, such as the risk of illness, bodily injury, disability, or death. By participating in these activities, you understand and agree that you have freely chosen to assume these risks.





### *Inclusions:*

- Van hire if you have selected this package, including insurance and roadside assist. All vans are hired with selected providers through Camplify. Bonds are required for the insurance excess and are payable by the retreat attendee.
- Accommodation – unpowered or powered sites for those with vans or cabins for those who have paid for the upgrade package or BYO car package, at the discretion of Meditation Sunshine Coast, using selected providers.
- Activities – lavender farm visit (Moogerah), walking and hiking (Moogerah Gorge, Girraween National Park, Donnellys Castle, Carnarvon Lower Gorge), Wallaroo Eco tour, journal making workshop (Moogerah), winery tour (Stanthorpe), cheese factory tasting (Stanthorpe), Big Rig Show (Roma), 45-minute massage (Carnarvon), self-care workshop, drum-making workshop (Gin Gin), labyrinth walk (Bargara), Lady Musgrave Island Tour or LARC Paradise Tour (1770).
- Mindfulness Meditation for Beginners Group Coaching Package – 5 x face to face sessions (Mindfulness & Meditation, Breathing Techniques, Relaxation Exercises, Tools to Manage Thoughts, Processes to Release Emotions)
- Cultivating a Calm Mind Membership – printed copy of book, all digital versions, meditation library.
- Goody bag with fully detailed itinerary, directions, maps, brochures, notepad and pen.
- Information session two weeks prior to meet each other, go through the itinerary, checklist and answer any questions you may have.

### *Exclusions:*

- Food and meals (excluding lunch on the winery tour).
- Petrol.
- Linen in some of the cabins.
- Travel insurance.



*Cancellation policy:*

- The \$500 deposit paid to secure your place is NON REFUNDABLE.
- Your balance for the retreat needs to be paid in full a month prior to departure.
- If you cancel 30 days or more before departure, all monies paid less your \$500 deposit will be refunded.
- If you cancel between 14 and 30 days before departure, you will forfeit all monies paid unless a replacement can be found for your spot. If a replacement is found, you will receive a refund less the \$500 deposit.
- If you cancel within 14 days prior to departure, you will forfeit all monies paid.
- Requests to transfer to another retreat will be on a case-by-case basis.
- Any refunds processed will incur a \$100 admin fee.
- You will not receive a discount or be refunded for any activities you choose not to do or that get cancelled due to circumstances beyond the control of Michelle Eckles and Meditation Sunshine Coast.
- If Meditation Sunshine Coast cancels the retreat due to the lack of minimum numbers required, you may choose between a refund or rescheduling to another date.
- Travel insurance is recommended for your own protection.



## CODE OF CONDUCT

For the safety, comfort and enjoyment of all participants and to maximise the benefits of this retreat please observe the following:

- ✓ Any type of harassment, verbal or physical abuse will not be tolerated, including slander, racial or prejudicial comments (participant will be asked to leave the retreat).
- ✓ Illegal substances are not permitted. Alcohol is permitted during evening meal times and free time but intoxicated persons will be asked to leave an activity.
- ✓ Personal space and privacy is to be respected at all times, as well as the opinions, thoughts and feelings of other participants.
- ✓ Refrain from talking or distracting other students during a meditation (there will be time for sharing/feedback afterwards). Persistent disruptive behaviour will be addressed.
- ✓ Reserve the need to judge, react or try to fix yourself or anyone else - choose instead to listen mindfully, creating a confidential, trusting and open space for sharing.
- ✓ Solicitation or promotion of businesses, products or services is not permitted (unless asked).
- ✓ Turn your mobile phones off (or leave them secured in your van) during the workshops, meditations and hikes to avoid distractions and interruptions.
- ✓ It is quite likely that as a part of this retreat, your photograph may be taken and this content may be visible to people outside of the retreat. Please advise Michelle ASAP if you do not wish to have your photo taken or published.
- ✓ This is a retreat for women only and the activities and accommodation are only for participants who have paid to be part of the group. Please leave your husband or boyfriend at home and disable your online dating profile notifications!
- ✓ Your retreat leader (Michelle Eckles) will be available from 8.00am to 8.00pm daily – please respect her privacy and need for down time, outside of these hours (unless there's an emergency), in order to give you the best experience.

***Set aside the usual distractions of home and bring 100% of yourself.***