

CULTIVATING A CALM MIND WINTER RETREAT

22-25 July 2024 – Mt Tamborine

ITINERARY



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Day 1

- 2.00pm onwards - Check in, collect swag bags, free time to explore
- 5.00pm to 6.30pm - Welcome + Introduction to M&M and fire
- 7.00pm to 8.00pm - Pizzas for dinner

Day 2

- 7.00am to 8.30am - Yoga on the deck
- 8.30am to 9.30am - BYO breakfast
- 9.30am to 11.30am - Cultivating a Calm Mind – techniques to reduce anxiety, stress and insomnia and increase focus, clarity and relaxation
- 12.00pm to 1.00pm - BYO Lunch
- 1.00pm to 4.30pm - Art workshop
- 5.00pm to 7.00pm - Free time & BYO dinner
- 7.00pm to 8.30pm – Sound healing

ITINERARY



Day 3

- 7.00am to 8.30am - Yoga on the deck
- 8.30am to 9.30am - BYO breakfast (and pack ready to go to gardens/falls)
- 9.30am to 11.30am - Cultivating a Calm Mind – tools to manage thoughts and emotions
- 12.00pm to 2.00pm - Picnic at Tamborine Botanic Gardens
- 2.00pm to 3.00pm – Visit to crystal shop and Tamborine village
- 3.00pm to 4.00pm - Silent walking meditation at Cedar Creek Falls
- 4.00pm to 6.00pm - Free time
- 6.00pm to 7.00pm – Self care workshop
- 7.00pm to 8.00pm – BYO dinner

Day 4 - Sunday 13th August:

- 7.00am to 8.00am - BYO breakfast
- 8.30am to 10.00am - Labyrinth Workshop
- 10.00am to 11.00am - pack up
- 11.30 to 1.30pm - Winedful tasting and 2 course lunch at Albert River Winery

CHECKLIST



Following is a suggested list of items to pack for those in the cabins:

- ☐ Toiletries including insect repellent and sunscreen.
- ☐ Clothing for 4 days/3 nights including warmer clothes for night time (average temperature in August is 8 to 19 degrees) and socks for yoga, walking the labyrinth, etc.
- ☐ Torch for walking between the fire pit and cabins and kitchen.
- ☐ Food for 3 x breakfasts, 2 x dinner and 1 x lunch, snacks and drinks.
- ☐ Walking shoes, hat and water bottle.
- ☐ Notebook and pen.
- ☐ Phone charger.

Additional items for campers – towel, bath mat, toilet paper, esky/car fridge.

Please note:

- ☐ To keep the deck clean and nice for all, we are asked to please not wear shoes when walking on there – please pack socks, slippers or clean ugg boots.
- ☐ There is a kitchen with ample cutlery, crockery, glassware, utensils, cookware and a fridge, 2 x cooktops, 2 x ovens and 2 x dishwashers.
- ☐ All items for the workshops and classes will be supplied including yoga mats, bolsters, blankets and eye pillows.

For the art workshop please also bring a photocopy of a photo of your face or a photo printed onto paper (not an original photo).

BOOKING TERMS & 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 the venue must be observed at all times. If you cause any property damage, you will be liable for costs incurred.
- Travel insurance is recommended for your own protection.
- 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, mandates and regulations before departure.
- 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:

- Accommodation (as per the package you have chosen and paid for):
 - Unpowered site for van, campers or tent; or
 - Single occupancy cabin with a double bed, linen, ensuite, bar fridge.
- Shared kitchen facilities.
- Shared toilet and shower – for those not in cabins.
- Meals:
 - Thursday dinner - pizza
 - Saturday lunch - picnic at the botanic gardens
 - Sunday lunch - 2 course meal at winery



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- Activities:
 - Mindfulness & Meditation workshops x 2
 - Cultivating a Calm Mind workbook & mediation library
 - Yoga classes x 2 (including all equipment)
 - Fire ceremony
 - Art workshop
 - Self care workshop
 - Botanic gardens visit and picnic
 - Silent meditation walk at Cedar Creek Falls
 - Sound bath
 - Labyrinth walk
 - Wine tasting and lunch

Exclusions:

- Breakfast, 2 x dinners, 1 x lunch, snacks, drinks.
- Paragliding or hang gliding - please book this directly with [Oz Paragliding](#).

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. If the retreat is at full capacity and you find a replacement for your spot, they may take your place. A \$100 transfer fee will apply.
- 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.
- You will not receive a discount or refund for any activities you choose not to do or that get cancelled due to circumstances beyond the control of the retreat leader.
- If the retreat leader cancels the retreat for any reason, you may choose between a refund or rescheduling to another date.

CODE OF CONDUCT



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

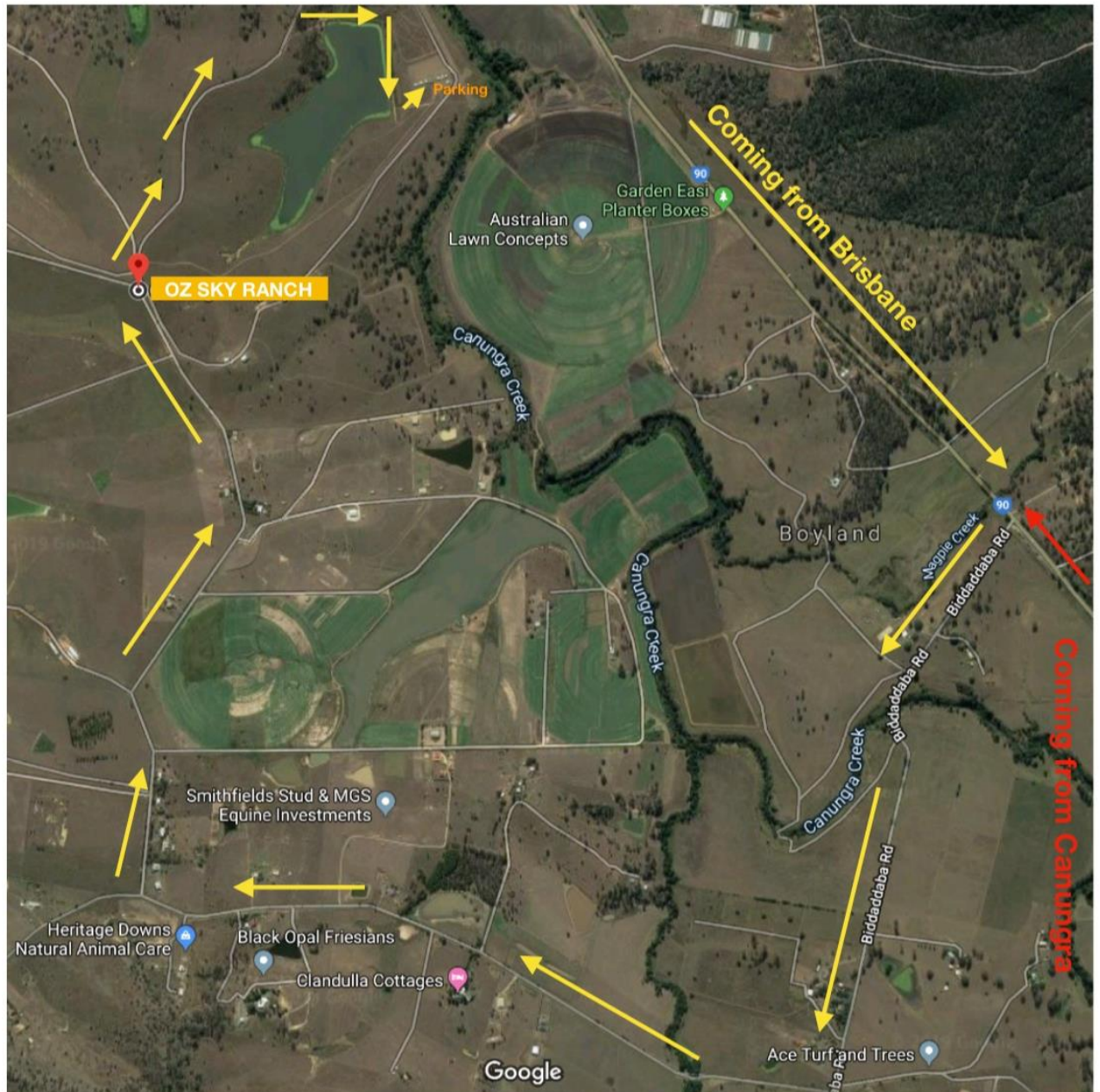
- Any type of harassment, verbal or physical abuse will not be tolerated, including slander, racial or prejudicial comments (participant will be asked to leave the retreat).
- Illegal substances are not permitted. Alcohol is permitted during evening meal times and free time but intoxicated persons will 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.***

OZ SKY RANCH MUD MAP

The Sky Ranch, 224 Four Mile Lane, Boyland, QLD 4275



Oz Sky Ranch Site Camp Map



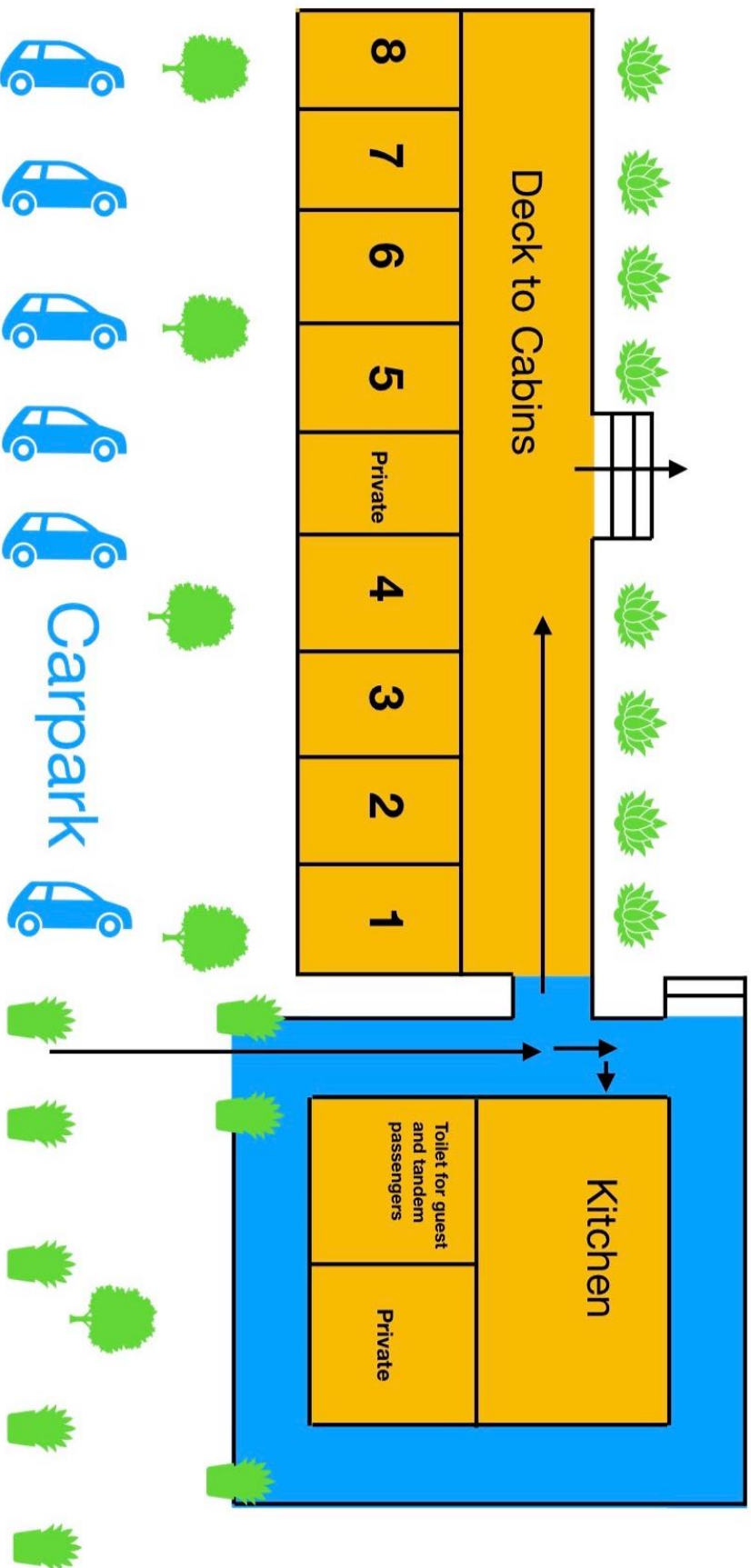
Camp sites

Toilets

Cabins/B&B

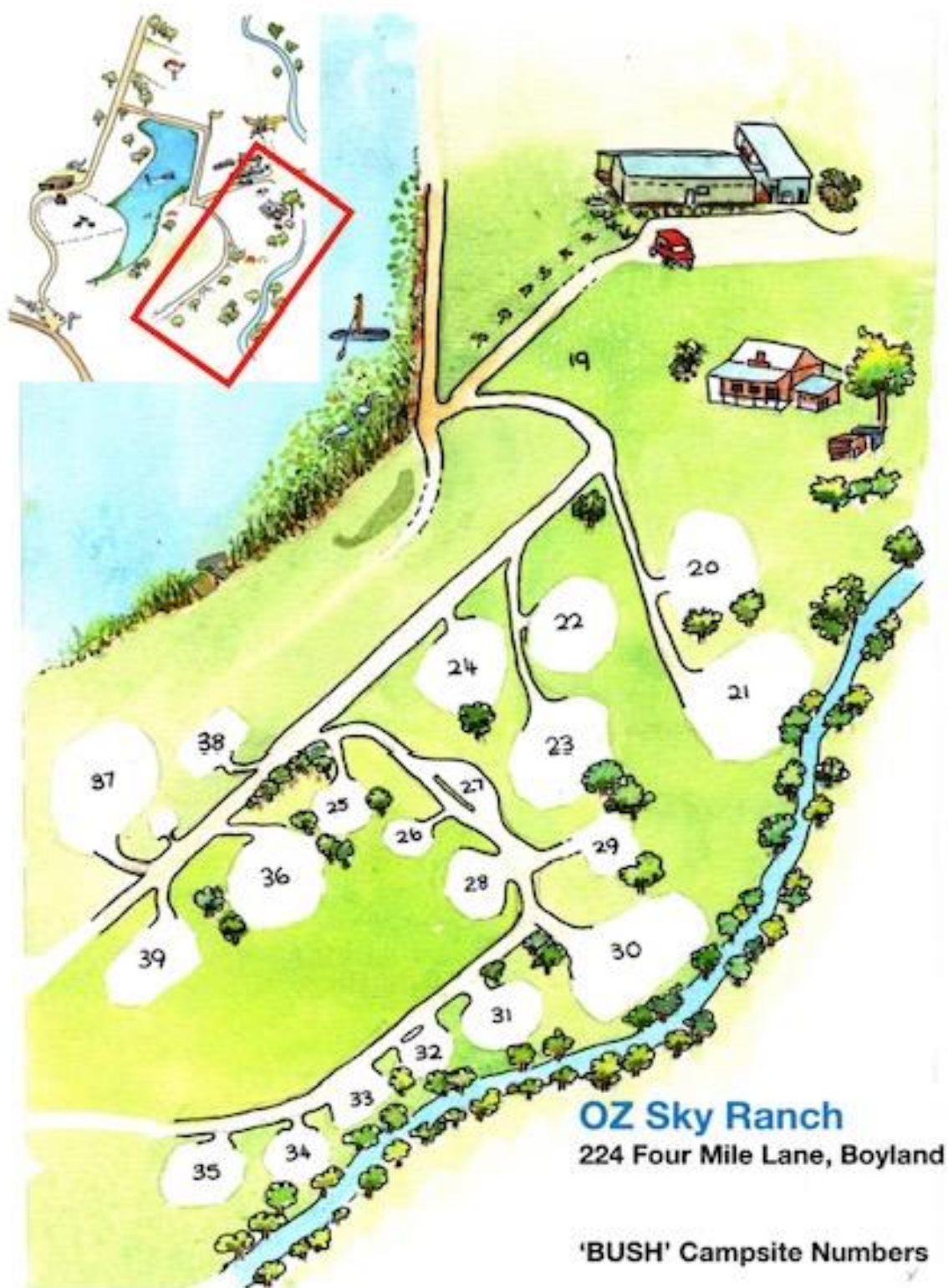
Oz Sky Ranch 224 Four Mile Lane, Boyland QLD

40km speed limit on all roads. Drive slower when wet, as slippery.



How to find your cabin and the kitchen at the Oz Sky Ranch

N.B. If you are staying in one of the cabins, Michelle will allocate your cabin number to you on arrival – look for your name on the door.



N.B. If you are camping Michelle or Lisa will guide you where to set up on the day (usually site 19).