

SCHOOLIES RETREAT

17 – 21 November 2024

Noosa North Shore

ITINERARY



ABOUT THE RETREAT



Unwind, Recharge, and Rediscover Your Inner Radiance!

Are you looking for an alternative to the traditional Schoolies experience? Step into a world of peace and self-care at our exclusive Noosa Schoolies Retreat for girls!

Escape the busyness and pressure of the last year and join us for a transformative journey designed exclusively for you! Here's why you'll love it:

- ✦ Daily yoga classes and guided meditations amongst serene natural surroundings to find your inner calm and cultivate mindfulness.
- 🎨 Let your creativity flow with mandala and mala bead necklace-making workshops.
- 🌸 Breathe in the fresh air, go for soothing walks, and embrace the beauty that surrounds us.
- ✂️ Nurture your body with pampering sessions of pedicures and mini facials.
- 🍳 Try new things like a Japanese cooking class, Zumba and Mocktail making sessions.
- 💕 Embrace the sisterhood as you bond with like-minded individuals, forming lifelong friendships. Share stories, laughter, and support in a safe, inclusive, and uplifting environment.
- 🌟 Imagine yourself embracing the sunsets, capturing magical moments, and nurturing your mind, body, and spirit.

Join us for an unforgettable experience that will leave you refreshed, rejuvenated, and ready to conquer the world!

Only 8 spots available! [Reserve your spot today.](#)

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Day 1 – Sunday 17 November:

- 2.00pm to 3.00pm – arrive and settle in and collect goodie bags
- 3.00pm to 5.00pm – Welcome and Mala Bead Necklace workshop
- 6.00pm to 8.00pm – Pizza and Mocktails

Day 2 – Monday 18th November:

- 8.00am to 9.00am – Breakfast
- 9.00am to 10.30am – Journey to the Young Feminine Yoga (middle deck)
- 10.30am to 12.00pm – Managing Stress and Anxiety with Mindfulness Meditation
- 12.00pm to 2.00pm – Lunch and free time
- 2.00pm to 4.00pm – Mandala Art workshop
- 4.00pm to 5.00pm – Zumba Class
- 6.00pm to 8.00pm – Burgers and Shakes

Day 3 – Tuesday 19 November:

- 8.00am to 9.00am – Breakfast
- 9.00am to 10.30am – Chakra Yoga on the middle deck
- 10.30am to 12.00pm – How to Stop Overthinking with Mindfulness
- 12.00pm to 1.00pm – Lunch
- 1.00pm to 6.00pm – Pampering Pedicures and Facials
- 6.00pm to 7.00pm – Fish n Chips on the Jetty
- 7.00pm to 8.30pm – Sound and Relaxation Meditation

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Day 4 – Wednesday 20 November:

- 8.00am to 9.00am – Breakfast
- 9.00am to 10.30am – Self-love Yoga on the deck
- 10.30am to 12.00pm – How to Manage and Process Emotions Mindfully
- 12.00pm to 1.00pm – Lunch
- 1.00pm to 3.00pm – Horse-Riding
- 5.00pm to 8.00pm – Japanese Cooking Class

Day 5 – Thursday 21 November:

- 8.00am to 9.00am – Breakfast and pack up
- 9.00am to 11.00am – Labyrinth Workshop
- 12.00pm to 2.00pm – Picnic Lunch (Sid Robinson Park, Tewantin)

CHECKLIST



Checklist

Following is a suggested list of items to pack:

- Toiletries
- Insect repellent and sunscreen
- Phone charger (please leave other devices at home)
- Pillow case, single sheets (or sleeping bag)
- Bath towel and beach towel
- Hat and water bottle
- Clothing for 4 nights/5 days including:
 - Swimmers
 - Socks for yoga
 - Trainers
 - Long pants or leggings for horse riding
 - Warmer clothing for night time (average temperature in November is 19-27 degrees)

FACILITATORS



Michelle Eckles — Meditation Sunshine Coast

Michelle is the owner of Meditation Sunshine Coast and author of *Cultivating a Calm Mind*. She is passionate about educating and demonstrating the benefits of practising mindfulness and meditation to help reduce feelings of overwhelm and stress, and increase feelings of calm, clarity and connection.

Michelle is a member of the Meditation Association of Australia and mindful.org and a Veriditas trained and certified labyrinth facilitator. In addition to a Diploma in Event Management and Advanced Certificate in Guiding and Teaching Meditation, Michelle has completed Inspired Kids Yoga training, Calm Kids, Connected Kids, Meditation for Parents and Children, and an Advanced Certificate in Youth Psychology and Counselling. She is a preferred supplier for the Healthy Sunshine Coast program and Career, Money, Life. With over 20 years of experience in the events industry, managing events for speakers like Brene Brown, Malala Yousafzai, and the Obamas, Michelle now gets to combine her two passions to create memorable retreat experiences.

<https://www.meditationsunshinecoast.com.au/>

<https://www.cultivatingacalmmind.com/how-to-stop-overthinking>

Simone Michelle — Balance and Flow 4 Life

Simone Michelle from Balance and Flow 4 Life has a strong passion to inspire the whole family to nurture and empower the mind, body and spirit through mindfulness, meditation and yoga. With an extensive background in meditation and yoga and experience working with children, Simone offers a range of classes, workshops and programs on the Sunshine Coast.



Simone also has a strong interest in empowering and inspiring young women with her Journey to the Young Feminine Program and Mindful Girls groups.

<https://balanceandflow4life.com.au/>

BOOKING TERMS



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.
- You are responsible for your own COVID-19 protective action, e.g. vaccination, social distancing, hand sanitiser, mask-wearing. Please check all restrictions, mandates and regulations in place at the time of the retreat.
- 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
- Meals — please advise of any allergies and preferences
- Activities:
 - Meditation classes x 3
 - Yoga classes x 3 (including all equipment)
 - Sound meditation and labyrinth workshop
 - Art workshop and mala bead necklace workshop
 - Zumba class and cooking class
 - Pop up picnic
 - Pedicure and mini facial
 - Horse-riding

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.
- 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 not permitted. Smoking and vaping is not permitted. Bag checks may be conducted and intoxicated persons will be asked to leave.
- 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 to airplane mode (or leave them secured in your room) during the activities 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 or Simone ASAP if you do not wish to have your photo taken or published.
- Your retreat leaders will be available from 8.00am to 8.00pm daily – please limit noise after 8pm to respect the neighbours and the retreat leaders need for rest and recuperation in order to give you the best experience. It's recommended to be asleep by 10pm to get a good night's sleep, part of the retreat objectives.

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

DIRECTIONS



Address is 53 Duncans Lane Road, Noosa North Shore

- Drive to Moorindil Street, Tewantin which turns into the Esplanade
- Arrive at the [Noosa North Shore Ferry](#) and wait for the ferry to go over to North Shore (it operates continuously throughout the day from 5.30am to 10.20pm)
- You will need \$10 cash for the ferry each way
- When you drive off the ferry continue straight onto Maximillian Road for 850m
- Turn left opposite number 54 which has the Nature Refuge Sign — note there is no street sign or property number on the entrance — see pic opposite for driveway.

