



First Wellness Retreat for 2020! (only 2 each year)

22nd - 24th May 2020 | Friday 5.30pm to Sunday 1pm

Are you finding it hard to put yourself first with work and family and need to reset?

Do you need to escape, get away and do something for yourself to recharge your batteries?

Or do you have intolerances that you're struggling with and need to learn about new recipes and ingredients?

Whether you want to reduce stress, renew your energy, be more organised, recharge or to simply just indulge in healthy goodness all weekend long, this wellness weekend retreat is perfect for you!

Connect, have fun and enjoy meeting like minded ladies on the same journey as you. Leave with a wealth of knowledge about good food and what it can do for you and regain enthusiasm for cooking, exercise and life!

Your weekend retreat includes:

- 2 nights' accommodation in a gorgeous designer holiday home
- Delicious and nutritious cuisine – all meals included (supper only on Friday night)
Cleansing fresh juices, whole foods, plant based and raw sweet treats, (all meals accommodate gluten and dairy allergies)
- Learn and be involved with cooking workshops with Wick throughout the weekend
- 2 x exercise classes with qualified PT, Nikki Williams - Transform, pilates, zumba or whatever you'd like (bring your own yoga mat)
- Educational session with Nikki on how to make exercise more achievable
- Team workshops – in small groups, prepare the Saturday night evening meal together
- Solo time to reconnect, reflect and enjoy the space to simply relax and read your book
- Gorgeous walks, canoes/kyacking/paddle boarding
- Outdoor spa under the stars
- Connect with other down to earth amazing women and realise you're not alone

Small group of 14 women for a more personalised experience - 3 places gone already!

Full weekend, everything included, **Only \$650 per person**, 3 beds per room. One room available at \$450 per person for two people willing to share a queen sized bed, or \$850 for own room.
(See over leaf for testimonials, how to book & terms and conditions).





Testimonials

“You and Nikki are an awesome team and I absolutely love the enthusiasm and knowledge that you bring along to the retreat. A great mix of fitness, wellness and nutrition sessions intertwined with delicious food and down time. I definitely came away with some key tips from you both.

I think what you are doing is so incredibly valuable and gives people the opportunity to share, reflect, learn and grow in such a supportive environment. An amazing lady you are; you have found your niche Wick!”

Michelle Daniel - Hamilton

“I went on the retreat to do something just for me and do something a little out of my comfort zone.

I loved meeting everyone, chatting, learning new recipes and wellbeing tips. It was great to have time to relax and read amongst the planned activities.

It allowed me to experience how easy it is to have healthy food for meals and snacks without sacrificing flavour or missing out on dessert! I was inspired by people’s journeys, the advice and stories that were shared.

I was also proud of the things I have done over the last 3 years to improve my wellbeing and left thinking, I’ve got this, keep up the great work!”

Kirstie Cooke - Tauranga

You’re Keen?

If this is exactly the sort of thing that you need to kick start your health and wellness back into gear (or you just need a weekend for you), then we’d love to have you join us!

If you’ve got any questions or you’d like to book a spot, please email me on wick@wickedwellbeing.com or PM me





Terms and conditions

1. It is your responsibility to check the reservation and ensure that the particulars contained therein correct.
2. We require a \$250 deposit to secure your booking on the retreat. Bank account details are: Wicked Wellbeing 06-0201-0152123-00 Please use your Name and Retreat as reference.
3. Regular installments are required each month leading up to the retreat, with the balance due no less than 6 weeks prior to the date of departure. Bookings within the last 6 weeks must be paid in full at time of booking.
4. If payment of either the deposit or the balance is not received by the due date, we reserve the right to cancel the reservation and retain the deposit.
5. In the event of cancellation by the customer, regardless of the circumstances, the following refund fees, minus a \$200 administration fee, apply.

Cancellation 6 weeks or less before due arrival date, 0% refund

Cancellation 6 to 8 weeks before due arrival date, 25% refund

Cancellation 10 to 12 weeks before due arrival date, 50% refund

Cancellation more than 12 weeks before due arrival date, 100% refund

