



## Autumn Retreat!

21st -23rd May 2021 | Friday 5.30pm to Sunday midday

We can't go outside New Zealand so why not explore the glorious beaches of New Zealand on our doorstep? Imagine having a weekend away to look forward to, where you put yourself first for once?

Where you don't need to think about a thing – just turn up and know it's all done for you.

Where, the food focus for the weekend is entirely on nutritious gluten and dairy free eating!

Whether you're brand new to gluten-free & dairy-free eating, or you've been at it for a while, you'll be inspired beyond belief about how easy, flavoursome and nutritious it can be,

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 and life!

### Your weekend retreat includes:

- 2 nights' accommodation in a gorgeous designer holiday home on the waters edge in Whananaki
- Delicious and nutritious cuisine – all meals included (excludes Friday night, but supper is supplied)  
Cleansing fresh juices, whole foods, plant based and raw sweet treats, all catering for gluten & dairy free
- Learn and be involved with hands on cooking workshops to build your knowledge & confidence
- New product discovery and tasting, and how to make healthy gluten-free eating part of your day
- Gut health talk with qualified naturopath, Sarah Brenchly & the consequences of leaky gut
- Team workshops – in small groups, prepare the Saturday night evening meal together
- Mind Fitness Yin Yoga session, incorporating mind fitness exercises to build resilience with qualified yoga instructor, Dr Robyn Charlton
- Solo time to reconnect, reflect and enjoy the space to simply relax and read your book
- Gorgeous beach walks, canoes/kayacking/paddle boarding & swimming in what must be the most untapped coastline of the North Island
- Outdoor spa under the stars (assuming adequate water levels)
- Educational and clarity session to leave with a focus & a plan on how to maintain what you've learnt

Small group of 14 women for a more personalised experience. 2 spaces left.

Full weekend, everything included, only \$695 per person (3 single beds per room).

(See over leaf for testimonials, how to book & terms and conditions).





## Testimonials

“I learnt so many great tips and loved learning and sharing a with all the amazing women there. I didn’t realise how much I needed 48 hours focusing on what I need to do to feel good and healthy. After being the rock that everyone else in my life needed, I hadn’t realised the heavy load I had been carrying. It was absolutely

liberating to put my needs first and to focus on what I need to feel good and live and eat more healthy (and have lots of fun too!). I have already drastically reduced my gluten intake to see how that feels, and I’m absolutely committed to the resolutions I made in the clarity session the last day.

Sign me up for next year, I loved it!”

Susanne Chapman – Titirangi, Auckland

“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 on track for winter, 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](mailto: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 (if this isn't possible, I'm happy to negotiate an agreement between us both for payments).
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 \$250 administration fee, apply.

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

Cancellation 7 to 9 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

