

RELAX
CONNECT
EXPLORE
RESET
RECHARGE

Wellness Warrior RETREAT

Join **Leanne** and **Kirstyn** for a soul-nourishing weekend designed to restore your mind, body, and spirit.

Set in the tranquil surroundings of **Manuka Lodge** in **Ventnor**, 10 mins from Cowes on Phillip Island, this intimate retreat offers a blend of **meditation, mindfulness, Qi Gong, sound healing, self-healing, grounding and more...**

Enjoy **healthy meals, snacks, and teas**, plus **comfortable accommodation** with **views of Western Port bay** and only **metres away from the beach** – the perfect space to relax and recharge.

This is a chance to deeply connect with yourself and like-minded souls.

Bring bathers and yoga mat. Optional extra healing tbc.

We can't wait to share this experience with you!

Leanne & Kirstyn ♡

Leanne Mackay

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Kirstyn Krausz

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 **Run by Divine Source & Total Healing Flow**

JOIN US 24-27 OCT
\$850 triple share pp*
\$1150 single room*

all inclusive minus travel,
optional extras and one meal
at Isola Di Capri

* returning clients receive a \$50 discount



**ONLY 1
left**