



Wellness Warrior RETREAT

RELAX
CONNECT
EXPLORE
RESET
RECHARGE

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

Set in the tranquil surroundings of **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 drinks**, plus **comfortable accommodation** and the **best views of Western Port bay** with the **beach and parklands at the back door** – 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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Run by Divine Source & Total Healing Flow



JOIN US 28 NOV - 1 DEC

\$850 triple share pp*

\$1150 single room*

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

* returning clients receive a \$50 discount



