



Retreat Booking Form

Name- _____

Postal Address- _____

Email Address- _____

Contact Phone Number- _____

Dietary Requirements & Allergies- _____

Emergency Contact Details- _____

Person/s attending the retreat with- _____

Aera Water Bottle Choice (Amethyst, Rose Quartz or Clear Quartz)- _____

Accommodation Preference- (Cabin or Glamping)- _____

*Please note we will do our best to accommodate your sleeping preferences however it is first in best dressed as the cabins hold a limit of 10 people.



Full Day Retreat Information
Changing Habits Farm
314 Reesville Rd, Reesville, QLD 4552

Saturday - 7.00am- Check In
7.30am- Workshop rotation 1 starts
10.00am- Morning Tea
10.30am- Workshop rotation 2 starts
1.00pm- Lunch
1.45pm- Workshop rotation 3 starts
4.00pm- Goddess Bath Ritual
4.30pm- Guest Speaker
6.00pm- Dinner under the stars
6.00-8.00pm- Live music
8.00pm- Finish

Please note that this program is a guide and subject to change based on the flow of the day and individual needs of our retreat guests.



What to bring-

- Yoga/ comfortable clothing
- Warm clothing for the evening
- Sunscreen
- Insect Repellent
- Any relevant medications
- An Open Heart
- Love
- Your Beautiful Self

What is provided-

- All catering & refreshments
- A journal & pen
- All Workshops
- A Retreat Box
- Retreat Program
- A sacred space filled with an experience guaranteed to nourish your soul xx

