



A touch of
Deep Love

Women's Retreat

A experience designed to nourish your soul

A touch of Deep Love, fresh air, incredible women and an entire day of filling your cup with carefully chosen experiences. Each element to the retreat was designed around women, self-love, self-care and soul nourishment. Nestled away in the beautiful Sunshine Coast Hinterland awaits an opportunity to work on a path of self- discovery, create friendships, clear your mind and take time out for the woman within.

The Full day retreat will include;

- Yoga
- Mindfulness & meditation
- Morning Tea
- Women's Circle
- Goddess Art
- A self-love mini shoot
- Goddess Shower
- Grazing Lunch
- Dried Floral Workshop
- Mental Health & Healing Practises
- Guest Speaker
- Three course dinner under the stars
- Live acoustic singer
- Retreat Gift Box
- Your very own Aera Crystal BOTTLE * Optional Extra- charges apply
- Your Self Love Goddess art print sent to you!

Price- \$550.00 per person

All booking information can be found on our website, through our online shop
www.ataouchofdeepllove.com

