



**27** JUNE  
2026

# CONSCIOUS RESET IMMERSIVE

Step away from the noise and enter a space for deep restoration, connection, and inner exploration. The MindManifest Conscious Reset is an immersive wellness experience combining breathwork, movement, meditation, and nature to support nervous system regulation and insight. At its core is a guided breathwork journey led by experienced practitioners in a safe, supportive environment. Surrounding this, you can explore optional practices like yoga, meditation, nature time, and gym access, with spacious time for rest and integration. Facilitated by Carmen and Dan.

Investment: \$200+GST Individual or \$360+GST Couple. See addons.