



From Overwhelm to Synergy Retreat

Reset & Recharge



Enjoy guided meditation, breathwork, sound healing, powerful release sessions and workshops focused on stress recovery, burnout prevention & wellbeing.

28th September, 2025

10am to 4pm

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 **Le Anchor Retreats**

PRICE
\$749

**SPRING
PROMOTION**

Materials, Lunch & Post Retreat Integration included.



MORNING

9:30 - 10:00 am
Arrival & warm welcome

10:00 - 10:10 am
Opening & Intention

10:15 - 10:30 am
Guided Mindfulness Meditation & Sound Healing

10:30 - 11:00 am
The Release: Freeing the Body

11:00 - 11:30 am
Understanding the Underlying Drivers of Overwhelm & Burnout

11:30 - 12:00 pm
The Release: Freeing the Mind

AFTERNOON

12:00 - 01:00 pm
Lunch Break - Mindful Nourishment & Connection

1:00 - 2:00 pm
The Synergy Framework: Stress Recovery & Resilience

2:00 - 3:00 pm
The Synergy Framework: Building Burnout-Proof Resilience

3:30 - 3:45 pm
The Commitment Ritual

3:40 - 4:00 pm
Closing, Gift & Post Retreat Integration Calls

