



Rejuvenate Health Retreats Price List & Schedule

All packages include accommodation in a private room with king sized bed, ensuite and verandah with view over the lake and bushlands, 1 x full body remedial massage, all foods & juices, full use of facilities including pool, spa & sauna & all activities including bush walks, yoga and workshops.

Nights		Price
3night package	Single	\$1,545
	10% early bird discount	\$1,390
	40% discount per person twin share	\$ 930
4night package	Single	\$1,995
	10% early bird discount	\$1,795
	40% discount per person twin share	\$1,080
5night package	Single	\$2,465
	10% early bird discount	\$2,220
	35% discount per person twin share	\$1,480
6night package	Single	\$2,795
	10% early bird discount	\$2,515
	40% discount per person twin share	\$1,680
7night package	Single	\$3,100
	10% early bird discount	\$2,795
	40% discount per person twin share	\$1,860

A 20% deposit is required to secure your booking, balance due 14 days prior to commencement date:

Bank details: Rejuvenate Health & Fitness Retreats BSB: 063 146 AC#: 1044 4284

Credit Card payments accepted (2% surcharge).

Schedule

Day 1 - Arrival	3.00pm onwards	Meet & Great	Free time	Massage
	6.30pm	Group Introduction/Broth		
	8.00 - 9pm	Information session/Documentary		

Fasting Days	8.30am	Juice		
	9.00am	Bush Walk		
	10.30am	Yoga		
	11.30am	Juice - free time, massage/treatments, sauna, spa		
	2.30pm	Juice - free time, massage/treatments, sauna, spa		
	6.00pm	Broth		
	6.30pm	Information sessions/workshops		

Final Day	9.00am	Breakfast		
	10.30am	La-La falls waterfall walk		
	12.00pm	Farewell		

WORKSHOP TOPICS

- **Fast track** your health and fitness goals with High Intensity Interval Training
 - **Goal setting strategies:** Introduction to effective goal setting strategies
 - **What is EQ?** What is Emotional Intelligence and how can we intelligently approach conflict in our professional and personal lives?
 - **Balanced meal planning:** Restore your energy levels and eliminate cravings
 - **Stressbusting:** Understanding the impact stress has on all areas of our wellbeing can be a powerful motivator for change
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**Hypnotherapy, individual coaching and goal-setting sessions are available by appointment with extended stay programs. Information sessions and workshops vary in response to each group's desired outcomes.*

TREATMENTS

We have a variety of additional treatments available from our massage therapists to complement your experience and aid the detoxification and relaxation process. These services incur an additional charge, and a price list is available on our website or by request, these include:

Facials, Reflexology, 90 & 120 minute full body treatment packages.

****All treatments are provided by qualified and licensed industry professionals***

Melbourne retreat location: Hazeldene Yarra Valley, 450 Hazeldene Rd, Gladysdale VIC 3797
