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	$1,195
5night package	Single	$2,465
	10% early bird discount	$2,220
	40% 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

**Suite upgrade available for the double sized room which also includes a bathtub, 15% surcharge*

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

**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

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