

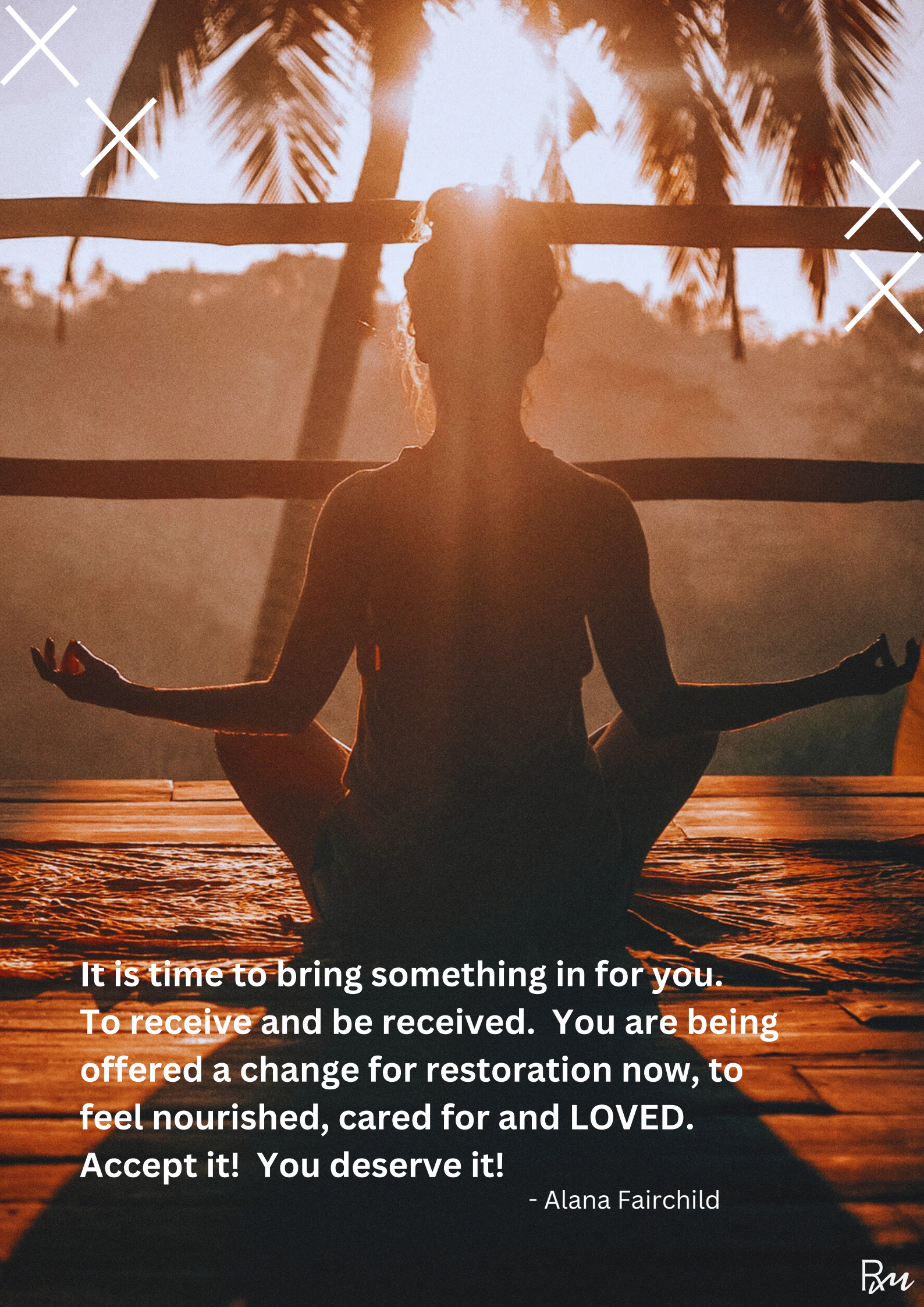
RE.TREAT ME PRESENTS

Women Weaving Wisdom

Retreat



FRIDAY 15TH - SUNDAY 17TH NOVEMBER 2024
SINE CERA RAINFOREST RETREAT, COUGAL NSW



**It is time to bring something in for you.
To receive and be received. You are being
offered a change for restoration now, to
feel nourished, cared for and LOVED.
Accept it! You deserve it!**

- Alana Fairchild

The RE.TREAT *me* experience

Re.treat me is excited to present their Women Weaving Wisdom retreat for the second time in the ancient Gondwana Forest!

Sine Cera is a sustainable rainforest retreat that helps you to disconnect from the complexities of modern life and reconnect with the natural world.

In the intricate tapestry of life, women's wisdom is the golden thread that binds generations, cultures, and hearts. As we weave our stories, experiences, and insights, we create a vibrant fabric—a testament to resilience, intuition, and collective strength!

Join us for a transformative experience—a sacred blend of relaxation, introspection, and connection. As you immerse yourself in nature and engage with fellow retreaters, we invite you to shed your protective armour.

Together, we'll explore the roots of what holds you back, empowering you to step forward with renewed confidence.

Picture leaving this retreat with renewed energy and a sense of purpose. How? By unraveling the barriers that hinder your progress. As we delve into the core of your challenges, we'll create pathways for your unique magic to flow freely.

The key lies in weaving these practices into your daily routine, ensuring that the retreat's wisdom becomes an integral part of your journey forward!

I cannot wait to weave with you!

Terina xx



Your facilitators

We are excited to have Rich from Insension join us on retreat!

Our intention is for you to leave feeling renewed and empowered to create and co-create a life that you are obsessed with!

Terina Ngawaka

**Owner and facilitator of Re.treat Me
Weaver & Bodyworker**

Terina is a resilient individual whose life journey has been shaped by adversities including emotional challenges, self-harm, and profound loss. Through these trials, she has rediscovered her innate gifts, including abilities in healing, visionary insight, and a connection to ancient ancestral wisdom and intuition. Terina's passion lies in empowering others to fearlessly express their truths, leading to a more stress-free existence. She wears many hats, each contributing to her rich and multifaceted journey through life. Terina believes in finding magic amidst life's chaos.

Rich Johnson

**RASHA™ Guardian - Insension co-founder.
Breathwork Facilitator**

Rich is a committed RASHA™ Guardian, breathwork facilitator with an extensive background in Health Coaching & Reiki. He loves to guide people through awakening the giant within and has a wealth of knowledge around how to do this in ways that are specific for you. Rich is a genius at holding and creating safe spaces while exploring ways to achieve the outcome you desire. Syntropic land regeneration is a deep passion, along with the power of frequency as a modality to aid us in stepping back into wholeness.

Ehara taku toa i te toa takitahi, engari he toa takitini

Success is not the work of an individual, but the work of many.

~ Māori proverb





Meet

Sheryn Munro

our personal Chef!

Whipping up culinary magic and spreading good vibes wherever she goes! Here's a peek into Sheryn's colorful journey:

Chef Extraordinaire: Imagine Sheryn, apron-clad and ready for action, at The Biggest Loser Retreat, diving into the vibrant world of plant-based cuisine alongside the legendary Aussie Chef, David Hunter. And guess what? That's just the appetiser! Sheryn also cooked up a storm for Mark Hunt, the former pro mixed martial artist and kickboxer, during his intense training season! Now that's what I call a tasty adventure!

Personal Chef: Experienced in crafting culinary delights for various clientele, Sheryn possesses the skill to cater to individuals and families alike. With a focus on nutritious and delicious meals, her creations leave clients feeling satisfied and amazing.

Dessert Dynamo: Ever heard of Healthy Nosh? Yep, that's Sheryn's brainchild—a heavenly haven for vegan desserts and cheesy delights that conquered the taste buds of cafes all along the Gold Coast. Sweet tooth, consider yourself warned!

Fitness Guru: But wait, there's more! Sheryn isn't just about the food; she's got the moves too. With Cert 3 and 4 in Fitness, she spent three exhilarating years as a PT at Go Health, helping folks reach their fitness goals one burpee at a time.

Wholefoods Whiz: Hosting healthy cookery classes in the comfort of people's homes is where Sheryn truly shines. Picture a cozy gathering of friends, chopping, sautéing, and savoring the goodness of wholefoods together—now that's what we call a recipe for fun!

Not only will we savour Sheryn's scrumptious creations, but she'll also lead us in a plant-based cooking workshop, ensuring you can carry on the culinary adventure even after you've returned home!

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Let food be thy medicine...

~ Hippocrates



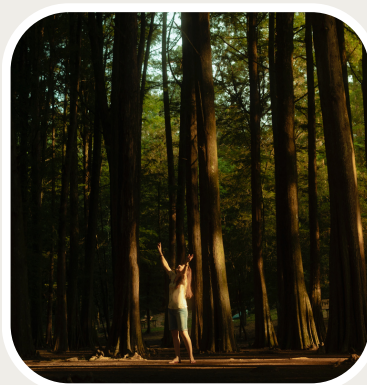
**The Universe loves a bold Spirit.
Once you take a step, it will rush toward you
like an enthusiastic and chivalrous lover!
Doors will open. A gentle hand will guide
you forward. You will be provided with all
you need to take the next step!**



IS RE.TREAT *me* for you?

- Are you are constantly caring for others and struggle to prioritise your own well-being?
- Are you feeling overwhelmed and on the brink of burnout?
- Do you want to reevaluate life and find purpose and clarity away from daily distractions?
- Do you desire to release the old stories and habits that are on repeat so that you can address what's holding you back?
- Would you love more healing and renewal in your life?
- Are you seeking a deeper understanding of yourself and a path towards personal growth?
- Do you desire to create new and amazing connections?
- Do you wish to receive understanding and support from like-minded women?

If you answered **YES** once or multiple times, then this is definitely for you!!!



Step out of your comfort zones and try something new!
Retreat experiences can expand horizons and ignite passion.
Let the joy of discovery and learning enrich your retreat
journey with Us!

The RE .TREAT *me* experience continued..

Included in our time together:

- 2 Nights, 3 days Sine Cera Rainforest Retreat, Northern NSW
- Full no frills, back to nature accommodation (shared or private room)
- Workshops & materials:
 - Māori embodiment practices
 - Breathwork session
 - Limiting Beliefs workshop
 - In-person RASHA Consciousness upgrade – read on for more info.
 - Hands on cooking workshop – learn about plant based and chakra based cooking from our very own personal chef!
- All delicious & wholesome plant based meals
- Identifying and support to clear self-limiting beliefs
- Insights & fresh ideas for creating a life you desire
- Super hype team to witness and support you being your most authentic self
- Strengthening connections and creating community
- Refreshing creek swims at your leisure
- Take home gift

OPTIONAL: A post retreat zoom will be available. Further details will be discussed at retreat.

what's not included?

- Transport to and from the venue. You will need to organise your own way.
- Travel insurances if travelling interstate or international
- Any personal diets

NOTE: This is an alcohol & substance free event

Feel seen, feel supported and witnessed
during our time together!

“Nāu te rourou, nāku
te rourou, ka ora ai
te iwi”

- Māori proverb

With your contribution and my
contribution, everyone will thrive!

The Farh House accommodation

We have the entire house and retreat space to ourselves.

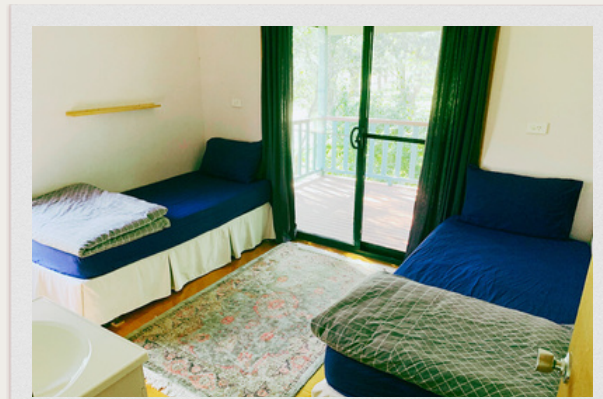
The Farh house has 4 wings with 4 bedrooms and 2 baths in each wing. The house has a large and central lounge to gather and an air conditioning unit to keep us comfortable in the warmer weather. An added bonus is access to the infrared sauna.

Shared Room (8 rooms available)

This is perfect for besties to come and experience retreating together, or anyone who is coming alone and wants to make a new friend!

INCLUDES:

- Shared room with 2 twin beds
- Shared bathroom with max 2 others
- Easy access to main living and dining areas
- All retreat activities & meals



Private Room (4 rooms available - 1 person per room)

These rooms are perfect for those who like their own space to kick back and relax. We got you!

INCLUDES:

- A Queen or King bed
- Shared bathroom
- Easy access to main living and dining areas
- All retreat activities & meals



To see more of Sine Cera visit
<https://www.sinecera.org.au/photos>

www.insension.org

THE RASHA™

Awaken your power from within, deepen your well-being & connect to your truth.

I have personally utilised this technology since it landed in Australia, over 3 years ago. It has worked wonders & miracles for myself, my friends and my family. I can't wait for you to experience it! – Terina

During retreat, you will be experiencing a group consciousness upgrade delivered via the RASHA™, the most advanced quantum consciousness device. The RASHA™ opens the door for your DNA and consciousness to communicate.

**It's just one of those things you need to experience for yourself!
Prepared to be WOW-ed!**



@from_rasha_withlove

THE RASHA™ supports

- Stress relief, relaxation, enhanced deep sleep and increased heart rate variability
- Reduction in muscle and joint pain & general pain release
- Depression, anxiety, mental & emotional harmonisation
- Shifting parental, ancestral and karmic patterns & imprints
- Mind expansion and enhanced extra-sensory perception
- Deepened spiritual connection
- Brain hemisphere harmonisation, clearing of the chakras & promotion of energy flow

and much, much, much more....

Our group session will be based on our collective intention for retreat. If time permits, some may be able to receive individual personalised sessions during down times.

These will be at your own expense.

RE.TREAT *me* PACKAGES

Shared Room

INCLUDES:

Shared room with 2 twin beds
Shared bathroom with max 2 others
Easy access to main living and dining areas
All meals and retreat activities

\$950.00
per person

Private Room

INCLUDES:

A Queen or King bed (allocated at time of booking).
Shared bathroom
Easy access to main living and dining areas
All meals and retreat activities

\$1,200.00
per person

Share a room with your bestie or book your own private room! The choice is yours!

IMPORTANT!

Our retreat is not for everyone! We believe in curating an intimate and supportive environment where each participant can thrive. To ensure that this experience is the right fit for you, we have a selection process in place. If you would like to be considered for our retreat, send me a DM for the link to the form to fill out. You will be notified of the outcome by email along with the next steps.



I wanted to send my gratitude and thanks to Terina & Re.treat me for hosting an amazing Womens Retreat. The place was idyllic and serene, the perfect venue to tap out and unwind from our day-to-day busy lifestyles. Terina intertwined Te Ao Māori (the Māori world), spirituality and womanhood so well – giving those not from our culture a beautiful insight into our Māori way of being and concepts. Terina is Intuitive with a warm and inviting wairua (spirit) which makes her a wise facilitator for these events. Nga Mihi Terina – I look forward to your future retreats and events.

Awhina Hetet Medland

Being a busy coach and personal trainer continuously giving energy motivation and encouragement on a daily takes a toll. Not to mention all the background work physically, mentally emotionally, and spiritually. Retreat was an opportunity to chill relax myself and refill the empty-ish cup I was trying to give from so I could be the best version of myself.

This was my first retreat ever and Terina and the ladies that attended inspired me! The forest scenery, delicious food and healing work was the best investment for me. Tapping out of internet was a bonus! Thank you retreat.me for the refreshing boost I needed to do all of the things! Can't wait for the next one!

Keri Stockman

Before I met Terina I felt I had lost all hope in finding peace and the happiness I so desperately desired. I didn't love myself enough to truly know who I was. I have had to rely on Terina and her calm, unbiased perspective to help me through my triggers and experiences. She is always so positive and brings it back to ME. I feel no judgement or embarrassment in sharing with her. I feel safe with sharing and being vulnerable in her presence. I'm learning to love all aspects of who I am, even the bits that make me cringe! I feel so much more peace and happiness since working & retreating with Terina.

Kalena Rapana

I attended the women's retreat last year and it was the greatest girls weekend away that I've had in a long time. It was what I needed to disconnect from the craziness of the world and the busyness of life and reconnect with myself and nature. The retreat had a perfect balance of relaxation, social interaction, healing workshops and fun. Would definitely do this again!

Sally Hotere

I attended my very first women's retreat facilitated by Terina. The retreat was nestled amongst nature with the most healing little waterhole to swim in. The location was perfect, and the accommodation was comfortable and clean. I thoroughly enjoyed all of the activities and the food was delicious. Terina went above and beyond for us ladies. She created a safe and nurturing environment for us to share, learn and grow together. I met some amazing women, and I couldn't be happier with my first-time experience.

I highly recommend retreating with Terina & re.treat me.

Tia Kershaw

I went into this retreat with no expectations!! I am so grateful Terina helped me recognise the wounds that needed my attention. My personal experience of this retreat was second to none. What I loved the most, is that I felt safe, seen and heard! Terina really knows how to make you feel this in her presence. Her love for this work was poured into everything I experienced on this retreat from the moment I arrived, to the moment I left. I left this retreat feeling lighter, more energised, relaxed and re-set to tackle my busy life. I highly recommend working and retreating with Terina & the Re.treat me team.

Shelly Perrett

TESTIMONIALS



repeats With infinite
possibilities.

“Stepping onto a brand-new path is difficult, but not more difficult than remaining in a situation, which is not nurturing to the whole woman.”

- Maya Angelou

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