

ZENSI

RETREAT

REST & SLOW DOWN with Ruby & Kelsey 1/3/24 – 3/3/24

Brief

We live in a society where we have been conditioned to believe that more is better, where we are ruled by time and our true needs are banished out of sight. The modern day life can be overstimulating and overwhelming, placing havoc on our nervous system and overall health.

Give yourself permission to fully immerse within the all inclusive, supportive sanctuary of our REST and SLOW DOWN retreat, where you can let go and drop into deep restoration and reset the system. With dedicated space and time to unwind, recharge and rejuvenate. Sleep ins are encouraged and the slower you walk, the better.

There is no need for a clock in our wellness spa, **unlimited access** means you can submerge and retreat into the floaty oasis whilst any left over tension dissolves. Being surrounded by vast open views, natures ease will surely take over.

We also want you to take this retreat at your own pace, with any workshops or activities completely optional.

Whether you are taking space for yourself, bringing a friend, family or significant other, you'll be sure to return home with a renewed sense of self, a self that is grounded, nourished, relaxed and revitalized.

Friday

1 pm - 3 pm Check in & settle in!

3 pm Opening cacao circle

5 pm - 6 pm Yin and sound therapy

6:30 pm Dinner

7:30 pm Firepit & wine / spa facilities

Saturday

7 am - 8 am Slow flow yoga

9:15 am Breakfast

10:30 am Workshop topic : Mindful living in fast paced world How to stay grounded and gain deeper connection within our everyday life

11:30 - 12 pm Journal

1 pm Lunch

2 pm - 3:30 pm Spa time group 1

3:30 pm - 5 pm Spa time group 2

5:30 pm - 6 pm Qi gong and mindful movement

6:30 pm Dinner

7:30 pm Stretch & Meditation

Sunday

7 am- 8 am Morning silence & mindful walking

8:15-9:30 am Yoga & long savasana/nidra/sound therapy – Break silence

9:30 am Breakfast

11:30 am Closing circle with chanting

1pm Platter and snacks before departure

2pm Check out

ZENSI

RETREAT

Additional extras

Enquire with the Zensi team if interested in a restorative massage or reiki energy healing & sound therapy

Nourishment

Chef – Jeevi @laughing.chef
Internationally trained, Nepalese-born third generation vegetarian, Jeevi is passionate about sharing his unique culinary experiences with everyone, famously known as the 'the laughing chef,' combining his passion for cooking with his gift for laughing yoga, being a Certified Laughing Yoga teacher. Jeevi has featured on Channel 9,7, Living Light Culinary Institute and Destination Happiness.

Investment

Villa double share - \$1500 PP
Master double share - \$1300 PP
Bed 4 double share- \$1200 PP
Bedroom 2 + 3 triple share - \$890 PP -
Teepees double share \$600 PP – **Limited spots**

16 guests in total

Bed configurations

All beds are able to split into king singles (minus Villa)
Tee pee beds are king splits only

BOOKINGS AND ENQUIRIES

Please enquire via email
info@zensiretreat.com.au / **0433 004 163**
and our team will assist you with booking availabilities, inquiries and any other questions you may have.

We look forward to having you immerse into the carefully crafted retreat experience, namaste.

Facilitators

Ruby – Co founder of Zensi Retreat

Ruby has been enrolled in the human experience for over 30 years, with her training course leading her through many moments of darkness and light, her journey has gifted wisdom and insight, which is ever growing as she continues on the path back into Wholeness.

Rubys modalities range from Reiki Master, yoga, sound healing and Qi gong, with personal practises deeply focused on breathworks, meditations, somatic experiencing, manifestation and most useful of all, finding peace within the wild ride of life.

Rubys mission – “To be an embodied, authentic, loving, relaxed, creative, ignited woman free from self limitations and societies constructs. I am here to hold space deeply for others on their journey back into union with their true Self. “There is nothing more luminous than a woman that is at complete ease in her own skin”

Kelsey @Kelseydoesyoga

Kelsey is an international yoga instructor living in Toronto, Canada.

She started practicing yoga as a way to manage depression & anxiety and quickly learned the practice could offer calm in the chaos and so much more.

Sharing space with Kelsey is an opportunity to co-create - a dance of energy between the people in the room. Her classes touch on science based approaches, tantra, buddhism & moving meditations.

“Kelsey radiates warmth and positive energy. Her zest for life is inspiring and expansive!”