

WELLNNESS WEEKEND

Soul Renewal

24th Sept. to 26th Sept. 2021

“This Soul Renewal Weekend aims to provide you with the opportunity to take a step out of everyday life, to stop for a while, to rediscovery some peace and explore spiritual practices that may assist you towards a better way of being”

WHAT TO EXPECT

A couple of days of relaxation, meditation, chair yoga, kirtan and inner reflection. Tonnes of fun and laughter, great Soul nourishing activities, and most of all an opportunity to replenish and re-energise.

The Weekend will begin on the Friday evening with a warm welcome and an arrival Soul Sync session. Saturday will be filled with a variety of practices (including yoga/movement/creativity/divine healing), with breaks throughout, an evening meditation and sound bath will bring closure to a glorious day. Weather permitting, we hope share moments around a wonderful warm campfire.

ACCOMMODATION

The accommodation is bunk style rooms with ensuite. It is our aim to keep the rooms to only using the lower bunks only, so top bunks will not be filled. Therefore, numbers will be limited.

If you are concerned about sharing, why not try to get a friend to come along with you. Just let organisers know when booking so you can be in the same room.

FOOD

All food is being provided, so lots of scrumptious healthy food and snacks will be available. Upon booking please indicate any special food requirements and we will try to accommodate.

THIS IS AN ALCOHOL/DRUG-FREE EVENT.

AGE REQUIREMENT 18 and over

LOCATION

At the base of Mount Remarkable in the Flinders Ranges at the Willochra Camp near Melrose.

TRAVEL

You are responsible for making you own travel arrangements.

DATES AND TIMES

Registration will be between 4pm and 4:45pm on 24th September with an official opening and welcome at 5pm.

WHAT YOU WILL NEED TO BRING

Own bed linen- pillow/pillowcase, sheeting/blankets, sleeping bag or doona. All personal toiletries and towel. Warm comfortable clothing. All personal medication. The rooms are not heated or cooled

COST AND PAYMENT DETAILS

DEPOSIT: \$100 (non-refundable) due with registration by 20.8.21

Deposit can be made at www.hibiscusdreaming.com via shop.

COST: \$550 full payment must be received by 13.9.21

CANCELLATION

If you need to cancel please advise as soon as you know. Deposit will not be refunded. Notifications of cancellation less then two weeks prior will see full forfeit of all monies paid

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Soul Spring Renewal

REGISTRATION FORM

NAME:

ADDRESS:

EMAIL:

BEST PHONE NUMBER:

EMERGENCY CONTACT

NAME:

BEST PHONE NUMBER:

SPECIAL DIETARY REQUIREMENTS: Please list any including allergies

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I understand that photos will be taken over the weekend for promotional and marketing purposes. I give permission for my photo to be taken and used on media platforms for future promotions and marketing.

YES / NO (please circle)

I acknowledge that the Wellness Weekend involves movement and can entail some risk of personal injury, and that it is my responsibility to ensure that I am physically and mentally fit to attend the Weekend. I will respect the space of others and ensure that whatever is shared by the other participants remains confidential. I also understand that the use of illicit drugs and alcohol are not permitted and any disruptive or offensive behaviour will see me asked to leave the Weekend.

I am over 18.

Signature:.....Date:.....