

WEEKEND RETREAT: NELSON, NZ. RETREAT. CONNECT. BREATHE.

Thursday, September 16, 2021 4:00 PM

Sunday, September 19, 2021 3:00 PM

Appleby House & Rabbit Island Huts 305 Redwood Road Appleby New Zealand

Go4it Travel is pleased to be working alongside Sista Trio Retreats, call me today to book your place!

This retreat is about **connection to self**.

Sista Trio Retreats encourage freedom from the strong message that is ingrained in our culture of constant self-improvement, with a mission for you to embody the message that...

YOU - right here, right now, are perfectly divine and are **MORE than** enough!



On this Three Night Retreat in the luxurious Appleby House and Rabbit Island Huts, Nelson New Zealand. Book in some time just for you to rest, recharge, reflect and rejuvenate. On a Women's Only Three Night Retreat run by experienced practitioners that have your well being and relaxation as their key priority.

These three nights will not only be a **treat to yourself BUT** also **soulful connection**, deep learning about your health and wellness, divine **relaxation**, gorgeous movement, guilt free **relaxing**, co-creating and lots (always) of **laughing**! The experience Sista Trio Retreats brings is years of expert knowledge and experience in both naturopathy and yoga. You will get a combination of **holistic health** teachings, **mind/body integration**, restorative **Yoga, relaxation, mindfulness**, and **meditation**. The **quintessential purpose** of this three night retreat is to **connection** to self. The Sista's help to bring freedom from the powerful message that is ingrained in our culture of constant self-improvement, and are on a mission for you to embody the message that...

YOU - right here, right now, are perfectly divine and are **MORE** than enough!

A weekend goes by so quickly.... three nights gives you that little extra time to - **dive deep into your wellness** - gift yourself extra time for more pure **relaxation**. You deserve it. While retreats can be sometimes a little serious with all the learning, yoga, meditation and practising mindfulness,

it's also super important to have a little fun too! So pack your pj's and toothbrush (plus some casual retreat type clothes) and come join Sista Trio Retreats for a super **wholesome** time in the *alluring* surroundings of Nelson, New Zealand.

RETREAT MENU INCLUSIONS:

From \$1499 - \$1649 inclusive of all meals, accommodation and retreat activities

Sunrise **holistic yoga**

Mouth-watering wholesome vegetarian food

Practical naturopathic workshops/chats/tips and **invaluable** take home info

Mindful fun movement

WOW factor views

Guided **restorative** meditations

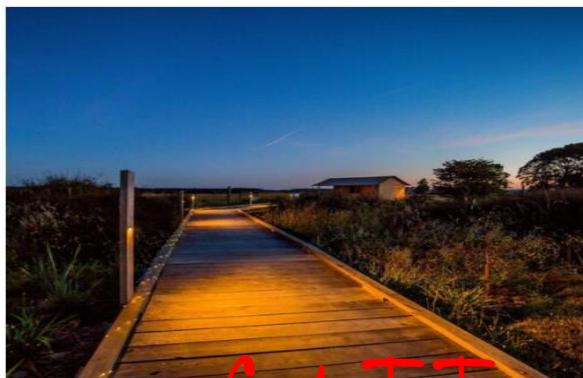
Choccy and lots of **giggles** (always chocolate!)

Connection with other like minded AMAZING women

Local area walks

And a little bit of Sista Trio Retreats **magic** thrown in!

“Thank you for everything you did this year, bringing community together and sharing so much love and knowledge”



Go4IT Travel

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