

# Nourish Retreat

A three-day weekend retreat to reflect and reconnect with yourself and what matters.

Anzac day long weekend—Friday 25th to Sunday 27th April

## About Nourish Retreat

This three-day escape offers you an opportunity to take time out from the busy-ness of the everyday to reflect and reconnect with yourself and what matters.

The retreat aims to be both experiential and informative. Self-awareness and mental and emotional wellbeing are central to our capacity to make and maintain healthy lifestyle changes thus mindfulness-based practices underpin the daily program. The program also explores reconnecting with our values and the sources of meaning in our lives; food as medicine; the benefits of physical activity; and the balance between being and doing.

Learn skills for cultivating more joy and vitality in your everyday life. Leave feeling nourished, rejuvenated and inspired. The retreat will be held at Noonaweena (website link), one of the best-kept secrets in New South Wales.

The luxurious and exclusive resort set on 100 acres is tucked away in the bush overlooking the Yengo National Park.

## About the Food

The retreat menu has been thoughtfully designed to make the most of the wholesome, seasonal local produce. You will enjoy three delicious and nutritious meals at the communal table overlooking the spectacular Yengo National Park.

Morning and afternoon tea is also served each day.

Plant foods are an important part of all meals. Some meals are vegetarian. Low FODMAP, dairy-free and gluten-free options are available.

The chefs at Noonaweena are happy for guests to observe the process of meal creation so have an 'open kitchen' policy. Guests are asked to let us know about any particular food intolerances prior to arrival.



Be nourished, rejuvenated and inspired



NOURISH  
mind•body•soul  
RETREAT

## Your Retreat Hosts

### Karen Fry

BHScN&D Hons, Accredited Practising Dietitian, Member of the Lifestyle Medicine Association, Ambassador for Jamie Oliver's Food Revolution.  
[www.nourishnutrition.net.au](http://www.nourishnutrition.net.au)

Karen is a down-to-earth nutritionist with a fresh, realistic approach to food and lifestyle. Backed by a wealth of experience and a lot of passion, she's on a mission to make healthy as simple and as enjoyable for everyone. She advocates dropping the dieting mindset, getting back to basics with food and discovering how the right food choices help you feel fantastic.

Karen is involved in a number of grassroots projects which promote real and sustainable food and runs Nourish Nutrition Consulting, in Newcastle.

### Lisa Pollard

B Ed, Cert IV Yoga Teacher Training, Cert IV Fine Arts Senior Teacher / Level 3 Member, Yoga Australia, Provider Number 3352, Endorsed by The Gawler Foundation, Openground Associate (MBSR), Relax and Renew Trainer, ATMA Practitioner.  
[www.lisapollard.com](http://www.lisapollard.com)

Lisa has been practising yoga and meditation for 23 years and teaching groups, retreats and classes in the Hunter Region for the last decade. Her openhearted approach to teaching creates a warm, inviting place for her students to discover the joys of body-mind practices. She encourages her students to embody mindfulness in everyday life through the practice of yoga and meditation.

She is passionate about restorative yoga and how it can reduce stress.

Lisa runs Mindfulness-Based Stress Reduction 8 week courses, twice a year and weekly yoga and meditation classes.

## Your Retreat Package

Luxury twin share accommodation.

Guest numbers are limited to 18.

Be nourished by the nutritious and delicious wholefood-based menu designed by Karen Fry and expertly created by Noonaweena's chefs from seasonal, local and organic produce from the region. Gluten-free and low FODMAP options.

Daily meditation and yoga classes with Lisa Pollard, suitable for all levels of yoga experience. All props provided for yoga and meditation.

Informative and inspiring talks on how you can nourish your mind, body and soul.

Use of Noonaweena's extensive grounds, heated pool and spa, tennis courts.

Free time to enjoy bushwalks on the property.

Massage therapists available during the program, appointments by booking in advance.

**Retreat program commences at 1.30pm Friday 25th April 2014 and ends 3pm Sunday 27th April 2014.**



Karen Fry



Lisa Pollard

## Retreat Program Overview

### Friday

Afternoon  
Welcome

Choose to go for a walk, have massage, read a book

Restorative Yoga

### Evening

Dinner  
Meditation

### Saturday

Morning  
Sunrise walk

Yoga & Meditation

Talk—Nourishing your Mind

### Afternoon

Talk – Nourishing your Body

Restorative Yoga

### Evening

Talk—Nourishing your Soul

Meditation

### Sunday

Morning  
Sunrise walk

Yoga & Meditation

Talk—Nourishing your Life—  
Putting it into Practice

### Afternoon

Closing session

## Retreat Package Investment

Full Rate (per person)  
**\$880** Twin share  
Single supplement  
**\$520**

Early Bird Rate \* (per person)  
**\$790** Twin share  
Single supplement  
**\$520**

Bring-a-Friend Rate \* (per person)  
**\$770** Twin share

## Booking Information

Accommodation is in a King Room.  
Bedding configurations: one king bed or two singles.

A non-refundable \$200 deposit is required at the time of booking to secure your place.

Early Bird rate applies to bookings made and fully paid for before 28th March 2014.

Payments are non-refundable but may be transferred within a 12 month period (fees apply).

A transfer fee of \$550 is payable for cancellation within 14 days of the retreat commencement.

Please be aware that guest numbers are strictly limited.

**The retreats will be held a few times each year. Registration is open for the retreat being held Friday 25th April 2014– Sunday 27th April 2014.**

**please download registration form from:**  
[www.nourishnutrition.net.au](http://www.nourishnutrition.net.au)

\*Book and pay in full by 28th March



### Getting to Noonaweena

Travelling north from Sydney on the M1

Access Tourist Drive 33 via the Peats Ridge exit

From the M1 Freeway, follow Peats Ridge Road north for 14.8km to George Downes Drive, just past the Peats Ridge shops

Continue along George Downes Drive for 14.9km (3.7km past Kulnara General Store)

Watch out for the concealed driveway sign on your left

Noonaweena is on your right

Travelling south from Newcastle on the M1

Take the Peats Ridge exit, 11km past the Tuggerah exit

Continue along Peats Ridge Road for 11.5km to George Downes Drive

Turn right into George Downes Drive

Continue along George Downes Drive for 14.9km (3.7km past Kulnara General Store)

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