

## *Women's Wellness Retreat*



**17-19 April 2026**  
**Trentham, Victoria**

Time away to go slow  
To nourish  
To move your body  
To rest  
To feel like YOU again

*Are you looking for a Reset?*

*Immerse yourself in an exceptional weekend of yoga, meditation, art and dance (on and off the mat), surrounded by nature in beautiful Trentham. Find balance, unwind, and connect with like-minded souls over this special weekend away dedicated to your journey to the heart of self-enrichment, renewal, clarity and freedom.*

*This is your weekend to be YOU - free yourself from busy modern life - find your inner peace and connect with your soul.*

*Lauren and Denise would like to invite you to this gorgeous retreat at Casa Allegra in Trentham, with delicious meals, boutique accommodation, and connection. This retreat is suitable for all levels of yoga experience from absolute beginners through to those with an established practice.*

*CASA ALLEGRA* *is a place of happiness and joy with 500sqm of beautifully landscaped gardens and elevated views to the lake beyond.*

For more information please contact - Lauren 0403 749 769 [creativespiritartstherapy@gmail.com](mailto:creativespiritartstherapy@gmail.com)

Or Denise 0402 146 697 [Denise@frommetoyouyoga.com](mailto:Denise@frommetoyouyoga.com)

## *Women's Wellness Retreat*



### ***Costs Include:***

- Accommodation
- All meals, snacks, drinks
- Yoga – yin, flow & Nidra
- Meditation & mindfulness techniques
- Art experience
- Fun Dance session
- time to 'be'... read, journal, explore Trentham and connect with like-minded souls
- all sessions are optional, do as much or as little as your body/mind needs



Twin share Room with shared bathroom:      \$710 pp inclusive of all meals (\$660 early-bird rate)

Twin share Room with ensuite:      \$880 pp inclusive of all meals (\$830 early-bird rate)

50% deposit is required to secure a room by 31 January with the balance due by 7 March 2026

Early-bird rates apply for deposits received by 31 December 2025

**We offer limited places for this retreat so we can retain the intimate gathering it is known for. Due to this, spots will fill quickly. If you don't feel comfortable sharing with a like-minded stranger, please consider bringing a friend, sister or adult daughter to the retreat with you.**

Please email Denise or Lauren to register

Deposit is payable via Direct Deposit to the following account:

Denise Shelton    BSB: 063-882    Acct: 1023 1193    Details: <Your Surname> April Retreat

(a confirmation of booking email will be sent when funds appear in account)

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Or Denise    0402 146 697    [Denise@frommetoyouyoga.com](mailto:Denise@frommetoyouyoga.com)