

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

Or Denise 0402 146 697 Denise@frommetoyouyoga.com

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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

Twin share Room with ensuite: \$880 pp inclusive of all meals

Final payments are due by 14 March 2026.

Only two of ten rooms remaining. We offer limited places for this retreat so we can retain the intimate gathering it is known for. Due to this, spots 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 Note: From 1 Jan 2026, refunds can only be considered if you are able to provide a replacement attendee. 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

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