

CONCIOUS WOMAN

More than just a retreat from your daily life.

FORWARD

Hello!

Thank you for expressing interest in our Conscious Woman Retreat, Costa Rica.

We believe now more than ever before, that women are needing time away from their normal day-to-day life to restore, nurture, learn, grow, reconnect and love themselves.

Often women in this busy, modern day give all of themselves to the many roles they play. This leaves very little time for them - and their bigger picture. We see the need for this paradigm to shift so our women are empowered and balanced in all aspects of life, instead of feeling exhausted, deflated and wondering where their passion went. This is how this retreat came about.

Our exclusive and boutique women's retreat is set in the lush grounds of Pranamar Villas, a private retreat space on St Teresa beach, Costa Rica. With tropical gardens, your own private villa room, restaurant, pool and open plan learning space where we come together each day, this is the perfect opportunity to combine tranquillity with personal growth.

More than just a retreat, this trip includes the daily teachings from our unique program which has been carefully designed to help you reconnect to self, purpose, calm and clarity in this busy world. You are given the tools to effectively make the changes you want to live out in your daily life, which sets you on the path for achieving your goals and finding happiness along that way.

A GLIMPSE

Here's a glimpse into what your days will look like on retreat with us...

Arrive in Tambor airport and take your transfers to our resort. Settle into your villa, relax, unwind and rest.

The days begin with gentle, mindful Pilates and guided meditation. Breakfast, lunch and dinner are provided. The teachings and workshop style exercise-based learnings are in two x 2 hour blocks each day. There is plenty of free downtime to get yourself a massage, lounge by the pool, or stroll along the beach. We also guide you on a Mindful Nature Immersion Experience, and in the evenings if you choose, you can enjoy social cocktails at the bar.

Optional private coaching sessions will be held days 3-7 following the afternoon workshop. Two women per day will have the opportunity to sit with Jem or Hazel personally and be supported in both designing and integrating positive changes into your future. This is a particularly valuable session that's unique to our retreats - and we have seen huge transformation come from these sessions in the past. This is where real positive change occurs.

Your private return airport transfers are provided when you arrive at Tambor airport on the first day of the program, and all of your learning materials are also included.

After running this beautiful program in Bali for the last 5 years, we have decided to share the love on the other side of the world in another beautiful and lush paradise. So Costa Rica, here we come.

This is the treat-to-self and life defining experience you deserve.

WHAT'S INCLUDED

- Daily Mindfulness Meditation
- Daily mat Pilates (mindful movement and re-connection of mind to body)
- Two workshop style learning sessions per day (morning and afternoon)
- All meals
- All transfers
- Private room in shared villa
- Workshop manual and learning materials
- Personal journal
- Future design session
- Private 1:1 coaching session
- Plenty of poolside time to relax and unwind!!

WHAT'S NOT INCLUDED?

- Return International flights to Tambor, Costa Rica
- Meals outside of the retreat accommodation
- Alcohol (this is not a detox retreat and you are welcome to drink!)
- Shopping and gift purchases

PRICE

The 7 day retreat

\$4000 USD*

from arrival in Tambor to departure from Tambor

*(excluding personal extended vacation time or sight-seeing outside of the retreat dates).

We require a \$1000 USD deposit upon booking your spot. Once the deposit is paid, we are now offering payment plans with monthly instalments to pay off the balance. In our experience, this is the favourable option as it doesn't knock the budget out and it makes an experience like this affordable and achievable. Something you will thank yourself for.

Full payment of the program is to be completed 8 weeks prior to departure date, unless you're on an agreed upon payment plan.



**SOMETIMES
WHEN YOU
ARE OUT OF
FLOW, IT ONLY
TAKES A SLIGHT
DIRECTIONAL
ADJUSTMENT
FOR COURSE
CORRECTION.**



We know that women often feel guilty or struggle with investing financially in themselves. It can be strongly ingrained to look after everyone else around them first, and then take what's left over. This is part of the reason women need to say yes to themselves and retreat. You can't fill anyone else's cup when yours is empty. When your cup is full and you have the tools to help maintain that moving forward, you can give more of yourself to every aspect of your life. Everyone benefits...

As this is a boutique experience, we limit our numbers to only 15 to maintain the integrity and maximise your value. Places have already started booking for 2020, so if you are genuinely interested, please contact us asap so you don't miss out.

A LITTLE BIT ABOUT YOUR FACILITATORS.....

Most of us want to know a bit about the people we are entrusting to take us on a retreat journey, before making that decision.

This retreat is co-facilitated by Jem Fuller and Hazel Walker, both qualified coaches and facilitators, who guide the in-depth, transformational workshop content and coaching, and Talia Avenell who guides the mindful movement, Pilates and meditation.

Jem is passionate about helping to improve the journeys, experiences and contributions of other humans. He does this through coaching, speaking and also facilitating transformational retreats globally.

Jem's life has been a colourful one. His desire to understand the human story and connect with others has seen him travel extensively, immersing himself in foreign cultures and countries and exploring what it is that makes us all tick. He has studied various healing arts throughout his life and in the last decade, extensive human behaviour.

He believes that to restore balance and greatly improve our capabilities, we need to empower more of the Feminine in all of us. Our leadership and business models desperately need a more human-centric and nurturing approach. Our political arena certainly needs this too.

Jem has a beautiful ability to access his own feminine energy and create a space in which our clients feel safe, relaxed, able to learn and be supported along the way.

The feedback we have had on having a man facilitate a women's retreat has been incredible. Every single past client has expressed that this was a profound part of the experience and felt that Jem's ability to facilitate such a beautiful retreat for women is a gift for every woman attending.

Over the years, Hazel has been on her own path of mindfulness and inner peace to overcome life challenges that would leave many devastated. For Hazel, every challenge is an opportunity to learn and grow.



**MINDFULNESS
IS BRINGING
YOUR
ATTENTION TO
THE PRESENT
MOMENT.**



It is her belief that until women understand and are willing to stand in their power there will be no significant changes in the world, war is a man's game, mothers do not send their children to war. She believes that her mission is to help other women find the space in their lives to honour who they are in the world.

She understands that women have the strength to overcome a great many things but rarely do they take the time to go peacefully within their being to discover that which lies just under the surface and deep within their hearts.

Hazel owns multiple businesses in two countries, is an author and keynote speaker. Hazel has one of the most diverse backgrounds both in business and her life as any person you may meet. She is also a mother, a grandmother and recently became a great grandmother.

Talia is the creator and owner of Surfcoast Mindful Movement - a busy, boutique Pilates studio on the surf coast. She has a strong passion for helping people to re-connect their minds with their bodies, especially in this busy world where we tend to get stuck in our heads a lot of the time. She has worked in physiotherapy clinics, fitness centres, Pilates studios and always had her own Pilates business as well.

Being a single mother of two and a business owner, she understands the everyday demands of life as a woman wanting to do the best she can - and the struggles that go with trying to maintain the work-life balance for optimum wellbeing and sanity!

Working with people and their bodies for more than 12 years now, she has an amazing ability to help people move through pain, to start moving with mindfulness, to empower them in their bodies and help them feel stronger in both their body and mind. Her warmth and sense of grounding in her approach to movement means clients feel supported and safe under her guidance.

Over the years the incorporation of mindfulness and meditation into her teaching has become more prominent, as the benefits are now irrefutably positive for our physical and mental health. Helping people to learn achievable ways they can integrate mindfulness into their daily lives, as well as move their bodies has become a part of her mission, along with having the conversations around connection, relationships and community - which are an integral part of bringing more joy and longevity to our lives.



**MEDITATION
IS SIMPLY THE
PRACTISE OF
PAUSING TO
NOTICE.**



TESTIMONIALS

Here's what past clients have said about this retreat.

"I'm excited to see you as a male taking a stand and giving voice to the feminine. Yin and yang are balanced and in the middle lies peace"

"I felt privileged to share this time with 8 other incredible women and Jem's warm, passionate and generous facilitation was amazing"

"I will be recommending this retreat to any women I know, it's empowering"

"Perfection! Thanks Jem! You bring such a well balanced energy and thoughts to the room. The content has been mind blowing and your calmness is catching!"

"Morning pilates and meditation was the best way to start each day. I feel I've learnt about how to start the day right and find my calm place"

"You nurture, love, challenge, question and guide in such a beautifully inspiring way, I trust you with my heart and soul"

"The conscious Woman retreat has fundamentally changed how I see myself. It has been a nurturing environment to challenge myself and learn so much more about myself and others. I completed the retreat with a clearer sense of self, an activated mission and an excitement to use the tools I have learned to change my life and the lives of those I love"

"The food was amazing, the people were friendly and the accommodation was perfect"

"The Conscious Woman is for women of all ages and times in life"

"You will be challenged and grow. Personally I loved it, it is such a special place to have this personal journey. I believe I can grow and love from the tools I've learnt"

"The mix of mind and body was perfect. I needed help with both and this was a great way to motivate me to continue on this journey for my own wellbeing"

"I can say without question I walk away with new knowledge, new spirit and a path to achieve far more than I thought I could"

"This retreat is an outstanding personal and professional development retreat. The workshop content is tailored to meet the needs of each individual while also being a great group program. The experience definitely expanded

our awareness of the personal and professional things that had been holding us back”

“Jem gave us the tools to become more aware, calmer and far more intuitive leaders, mothers, friends, partners and employers”

“Talia’s knowledge of the body and movement was amazing. We breathed, laughed and worked our booty at the same time, in tropical paradise!”

“As cliché as it sounds, this retreat has enabled me to address things I needed to and given me practical, easy tools to use in my life to make me a better version of myself”

“LOVE IT!! Morning exercise sets up the day, plenty of time for breakfast, sessions are just long enough for good content with downtime in the afternoon to process and unwind”

“I feel blessed to have given myself this time. The learning and exploring within myself has been inspiring, enlightening and so very enjoyable. I have made friendships for life”

“an outstanding retreat that I would highly recommend to anyone”

“The past 6 days for me have been life changing”

If you think this retreat is for you, contact us to find out where to go from here....