

Bodies in Balance Pty Ltd

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Wellbeing Retreat

(Friday 26th March – Sunday 28th March 2021)

What's included:

- 2 nights' accommodation
- Escorted in Port Stephens by Tracy Fraser
- 1 Pilates session
- 5 additional exercise activities e.g. Zumba, yoga, stretch classes, bush walk
- 3 guest speaker lectures on health and wellbeing topics with women being the focus
- 2 dinners
- Transfers to and from bushwalk and dinner on Saturday
- Conference facilities at Anchorage Port Stephens, including coffee and tea
- Lots of laughs

What to bring:

- Yoga/Pilates type clothing
- Socks
- Flat shoes for Zumba with soles that do not grip too much
- Clothing for bushwalk
- Smart casual clothing for 2 dinners
- Hat and sunscreen
- Swimmers
- Anything else you can think of...

Not included:

Flights and transport to and from Port Stephens or booked accommodation other than mentioned in the inclusions. Meals other than specified. Drinks, items of a personal nature, personal activities that maybe offered but are outside of the itinerary, spa treatments, tips, portorage, anything not included in the itinerary.

Packages & Cost:

The Luxury Package: staying at Anchorage with breakfast included.

\$957 for twin share. Single supplement \$359.

The Beach House Package: staying at a newly renovated 2 bedroom self-contained apartment in Boat Harbour (10 minutes drive from Anchorage) with beautiful water views.

\$778 for twin share. Single supplement \$180.

Day Spa and Massage Treatments

Treatments can be organised through Anchorage. Call (02) 4984 2555 to book an appointment. *Don't forget to book in advance to avoid disappointment.*

Local Information

The local visitors centre have an extensive list of information and activities:

<http://www.portstephens.org.au/>

The Program

Friday 1 st May		
3:00pm	Check in	Settle into your room, change for exercise
3:15pm	Pilates	Meet at the Thurlow Room for welcome and Pilates with Tracy
4:30pm	Lecture	'Mood Food' by Laura Turner
7:00pm	Dinner	Welcome dinner at The Galley

Saturday 2 nd May		
7:25am	Bush walk	Meet in the foyer for transport to Mount Tomaree
9:00am	Breakfast	Anchorage
10:00am	Lecture	'Happiness' by Kerri Rodley
11:00am	Exercise class	Core Activation with Carol Molloy
12:00pm	Free time	Lunch/shopping at Nelson Bay (5 min drive), read a book, swim, kayak, bush walk or whatever you desire
3:00pm	Lecture	'The Benefits of Exercise' with Debbie Freeman
4:00pm	Yoga/meditation	Release and Relax with Nic Shields
6:40pm	Dinner	Meet at reception for shuttle to dinner at The Deck

Sunday 3 rd May		
8:00am	Exercise class	Stretch with Gabs McMann
9:00am	Breakfast and check out	Anchorage, baggage storage available
10:30am	Exercise class	Zumba Gold with Lorna Brigole
11:30am	End of program	

**Terms and conditions:**

All prices are in Australian dollars and are subject to change without notice. Price is not guaranteed unless full payment has been received.

Full payment is due within 7 days of booking and paid via direct deposit to Bodies in Balance Pty Ltd. There is no refund after 15 December 2020.

Accommodation & transport to and from Port Stephens is to be booked separately and is under own arrangements.

Any part of the tour not utilised is non-refundable.

Bodies in Balance reserves the right to change the itinerary due to unforeseen circumstances.

Bodies in Balance and its associates take all care throughout the tour, but are not liable for any loss or damage of any kind (direct, indirect, consequential or otherwise) you may suffer resulting from cancellation, loss of luggage and personal property, medical expenses and the effects of accident however it is caused. It is your responsibility to insure yourself fully.

A waiver form must be completed prior to commencing the Retreat.

Bodies in Balance reserves the right to cancel and fully refund retreat participants if it deems necessary.

For singles willing to share, a single supplement (\$359 for the Luxury Package or \$180 for the Beach House Package) will be charged on booking and then refunded if a partner is found. Twin share pairing cannot be guaranteed.



Acknowledgement and Disclaimer

I advise that I am fit and able to participate in the 'Bodies in Balance Pilates Wellbeing Retreat'. I understand that any exercise program has certain risks and that neither Bodies in Balance nor any of its employees, contractors or agents will accept any liability or responsibility for any death, injury, disease or physical condition sustained or suffered by me in the course of, or arising out of, or in consequence of my participation in the retreat program or for any injury, loss or damage suffered by me during the program conducted by Bodies in Balance.

I, _____ (*insert name*), acknowledge that I understand, agree to and will abide by the terms and conditions of this Acknowledgement and Disclaimer.

Signature: _____ Date: _____

Print name: _____ Date of birth: _____

Emergency contact and name: _____

Please use the space below to disclose to Bodies in Balance any information that is relevant to you undertaking the Wellbeing Retreat.