

Bodies in Balance Pty Ltd

Cremorne NSW 2090

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www.bibpilates.com.au



Wellbeing Retreat

March 31st – April 2nd 2023

What's included:

- 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 Bannisters 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:

Accommodation, flights, and transport to and from Port Stephens. 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.

Cost:

\$620 payable to Bodies in Balance to confirm retreat booking.

Recommended accommodation at Bannisters:

\$499 Twin Share or \$998 Single accommodation for 2 nights (including breakfast). One night's accommodation held as a deposit, refundable at least 28 days prior to stay. Bookings for accommodation should be made 3 months in advance to ensure availability.

(02) 4919 3800 | <https://www.bannisters.com.au/port-stephens/>

Day Spa and Massage Treatments can be organised through Spa Bannisters. Call (02) 4919 3800 to book an appointment. *Don't forget to book in advance to avoid disappointment.*

Alternative accommodation nearby:

Hotel Nelson

(02) 4916 4600 | <https://hotelnelson.com.au/>

Local information

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

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

The Program

Friday 31 st March		
3:00pm	Check in	Settle into your room, change for exercise
3:15pm	Pilates	Meet at the Conference Room (next to 'The Cheeky Dog') for welcome and Pilates with Tracy
4:30pm	Lecture	Emily Ross from Inside Health Nutrition
7:00pm	Dinner	Dinner at 'The Cheeky Dog', Bannisters

Saturday 1 st April		
7:25am	Bush walk	Meet in the foyer for transport to Mount Tomaree
9:00am	Breakfast	Bannisters (or your alternative accommodation)
10:00am	Lecture	Declutter your Home, Declutter your Life by Kerri Rodley
11:15am	Exercise class	Stick Mobility with Jacie Whitfield
12:15pm	Free time	Lunch/shopping at Nelson Bay (5 min drive), read a book, swim, kayak, bush walk or whatever you desire
3:00pm	Exercise class	Core Activation with Carol Molloy
4:00pm	Lecture	Meditation and Relaxation by Kim Oakhill
6:40pm	Dinner	Meet at Bannisters reception for shuttle to Welcome Dinner at 'The Deck'

Sunday 2 nd April		
8:00am	Exercise class	Stretch with Gabs McMann
9:00am	Breakfast and check out	Bannisters (or your alternative accommodation)
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 February 2023.

Accommodation and 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.

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.