



It's all about finding your Zen

PEPPERS SPRINGS RETREAT & SPA, HEPBURN SPRINGS

Monday 31 May – Friday 4 June 2016 from \$1416.

Welcome to the first Hepburn Springs seasonal rejuvenation workshop at Peppers Springs Retreat & Spa. We have chosen our three presenters in the knowledge you will be inspired to incorporate their teachings into your everyday life. Also included is free time in our multi awarded Mineral Spa to enjoy a massage, facial and time in The Retreat.

Your presenters

Caitlin Graham-Jones With a degree in Fine Arts as well as Naturopathy, Caitlin is a naturopath in a busy Melbourne Clinic; she teaches workshops around Australia with Australian Bush Flower essences and is a lecturer at the Endeavour College of Natural Therapies in Melbourne. Caitlin's teaching method is warm, inspiring, fun and refreshing - highlighting her love of all things natural.

Lyndall McQuinn Lyndall is a brilliant astrologer/tarot practitioner with over 25 years experience in her fields that include astrology, tarot, Wicca, kabalistic teachings, Buddhism, psychic healing and shamanism. She has founded the School of Magical Practices and is currently teaching classes in shamanism and shamanic astrology and tarot.

Jaya Saunders Jaya has a strong belief in the value of alternative therapies to effectively educate and facilitate the healing potential of the body, mind and spirit. An experienced professional in complimentary health and wellbeing techniques, her approach is sincere and very down to earth with a confidence that comes from 30 years experience.

Experience Peppers. Call 03 5348 2202 or email to springsretreat@peppers.com.au

*Conditions apply.

We're all
about
you



Your rejuvenation workshop program

The workshop includes four nights accommodation, hot cooked breakfast/morning and afternoon teas and lunches every day, three dinners, all presentations and workshops with handouts as well as Mineral Spa treatments - 45 minute relaxation massage, 60 minute Spa Botanical facial and 60 minutes in The Retreat.

There will be time every day so book those treatments direct with Mineral Spa on 03 5348 2100 prior to arrival. A complete itinerary will be provided with your confirmation.

Monday 31 May

Start the day with a delicious breakfast before beginning your rejuvenation journey...

Today's workshops include *Core belief awareness* where you will learn to let go of past burdens, acknowledge judgements and criticisms that are ruling your life, *An introduction to Astrology* to learn about your compatibility with others, workmates, partners and children. Please provide your date/time/place of birth when you book and *Shamanic Dreaming* to examine the different worlds of dreaming that include night dreaming, the dream you actually live and future dreaming. Bring along a dream to share.

Tuesday 1 June

Tarot as my companion looks at how we can plot our journey when we are in turmoil and have decisions to make, *How we view life – loving and sharing* shows us the road to understanding where there is imbalance in our life and how to change by identifying values and areas that are most important, *Astrology – Earth Walks* explores the Sun sign through the concept of 'what is my purpose'?

Wednesday 2 June

Bodywork kick starts your immunity and prepares for the winter chills with an introduction 10 day antioxidant boost as well learning self massage for tension relief in your neck shoulders and an *introduction to yoga* with Shayna Ogden, owner of the Daylesford Yoga School.

Thursday 3 June

Introduction to iridology includes an iris map to interpret and recognise your own constitutional makeup, *Your nutrition plan* has an emphasis on wholefood dietary therapy, winter eating plans and recipes to boost energy, immune system and overall vitality and you will learn how to give friends/partners a therapeutic seated massage with the assistance of one our Mineral Spa therapists and relax with a *Guided meditation*

Friday 4 June

Introduction to Australian Bush Flower Essences includes a garden walk exploring the link between the colours, shape, and growing habits of plants and its effect on our physical, emotional and etheric bodies, *Demystifying the health food shop* includes help to simplify your daily beauty routine with rose hip oil and therapeutic clays and oatmeal. You will also discuss practitioner-only products versus retail products.

We are also going on a retail therapy trip to some handpicked businesses in Daylesford and back for *Home-healing* to learn how to blend and create simple herbal tea combinations at home to treat conditions such as: colds and flu, digestive complaints, anxiety, insomnia, skin problems and toxicity.

Say goodbyes and depart.

Room types and prices

Traditional Room - From \$1416 per person triple share, \$1563 per person twin share, \$2015 per person single share

Spa Room - From \$1484 per person triple share, \$1663 per person twin share, \$2305 per person single share

Superior Room - \$1763 per person twin share, \$2505 per person single share

Spa Villa - From \$1616 per person triple share, \$1863 per person twin share, \$2705 per person single share

*Cancellation and booking conditions apply.

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