



# Women's Soulful Adventures in Paradise

13<sup>TH</sup> - 18<sup>TH</sup> OCTOBER 2019

CONNECTING BODY, MIND, AND SPIRIT  
THROUGH FIVE DAYS OF CREATIVE  
PERSONAL PRACTICE AT CAMP GLENORCHY

If you're a busy woman juggling a complex life (your work, your kids, your aging parents) and trying to squeeze in time for you, this women's wellness retreat will give you tools you can take back into your life to live in balance with renewed energy and clarity.

## INCLUDES

Daily Yoga & Meditation  
Walks in Lush Native Landscapes  
Guided Breathwork & Mindfulness  
Intuitive Nutrition & Well-Being  
3 Delicious Meals Each Day  
Art & Creativity (materials supplied)  
Southern Hemisphere Stargazing  
Transportation to & from Queenstown

## INSTRUCTORS

Yoga, Mindfulness, Movement, Meditation & Breathwork **Sarsha Hope** (New Zealand)  
Creating a Nutritional Self-Care Practice  
**Diane Rohrbach** (Seattle, USA)  
Cooking Delicious, Healthful Snacks at Home  
**Debbie Crompton** (New Zealand)  
Creative Inspirations **Pat Wasley** (Tucson, USA)  
& **Debbi Brainerd** (Bainbridge Island, USA)

## PRICE INCLUDES

5 nights/6 days of lodging, breakfasts, lunches, snacks, all classes, transport and a few happy surprises.

We will pick you up at 2pm in Queenstown on Sunday & return to QT with a delicious box lunch to take away at noon on Friday.

\$3795 NZD | \$2600 USD\*  
(quad bunk with shared amenities)

\$4395 NZD | \$3100 USD\*  
(shared double with ensuite)

\$5395 NZD | \$3700 USD\*  
(private room with ensuite)

Limited to 20 participants

All profits benefit the Glenorchy Community Trust

Give yourself the extraordinary gift of time for you!

To learn more & register: [www.theheadwaters.co.nz/camp-glenorchy/events-2/wellnessweek](http://www.theheadwaters.co.nz/camp-glenorchy/events-2/wellnessweek) For questions about the retreat, the location or details: [welcome@CampGlenorchy.co.nz](mailto:welcome@CampGlenorchy.co.nz)

\*US dollar equivalents are approximate and will depend on exchange rate.



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Treat yourself and join Camp Glenorchy founder **Debbi Brainerd** and a remarkable group of expert instructors for 6 days of a personalised wellness retreat.

Your week will be based in the stunning rural village of Glenorchy, where views of Mt Aspiring National Park and the towering Humboldt and Richardson Mountains greet you each morning. You'll be staying at the award-winning Camp Glenorchy Eco Retreat Cabins, enveloped in warm, welcoming gathering spaces. Beautiful art and craft throughout the site will fuel inspiration for your soul.

## YOUR WOMEN'S WELLNESS RETREAT EXPERIENCE INCLUDES:

- Six days of yoga, outdoor walks, meditation and mindfulness activity with Sarsha Hope.
- Daily 'mini' workshops with specialists that focus on food and nutrition, and creativity. Nutrition classes will encompass: *The Gut-Brain Connection, Emotions and Eating, Balancing Blood Sugar, and Healthy Fats for the Brain and Body.*
- Excursions to several sacred locations will take you into nature's beauty to inspire creativity and restore your sense of balance.
- Delicious locally sourced meals provided daily, in our mountain view dining room or fireside at our open-air Campfire Shelter.
- Evening stargazing will give you an up-close look at constellations in the southern hemisphere; the Southern Cross, the Magellanic Clouds and the Milky Way.
- Gaining an understanding how your individual choices and behaviors will allow life to flow through you (instead of at you).

## ABOUT YOUR WOMEN'S WELLNESS RETREAT LEADER SARSHA HOPE



Sarsha Hope is a beautiful and passionate teacher who has been teaching yoga and mindfulness for over 20 years. Her work and training blends together the best elements of yoga, meditation, movement and bodywork for self-discovery and life flow. Sarsha guides her students on a gentle journey into a deeper

understanding of themselves and allows each individual to become more conscious of how we can take better care of ourselves. Sarsha balances her teachings with an encouragement to play, explore and have fun, while learning about our own self-care.

## SAMPLE DAY'S SCHEDULE DURING YOUR RETREAT

6.30am	Tea, nuts, fruit, bone broth and morning snacks
7.30am	Yoga and stretching
8.45am	Meditation and mindfulness practice
9.30am	Breakfast
10.30-11.45am	Nutrition lectures & delicious recipes
12.00-1.30pm	Outdoor Walking Exploration
1.30pm	Lunch
2.30-4.30pm	Art and Creative Expression (collage, painting, journaling, playing with craft)
4.30pm	Personal time
6.30pm	Dinner
7.30pm	Evening practice
8.30-9.00pm	Reflection

## WHAT YOU'LL TAKE AWAY

We live in an increasingly busy and stressful world, which can wreak havoc on our bodies and minds. Through this six-day mindfulness and personal creative practice, you'll develop healthy behaviours and self-care activities that will help you feel more vibrant. You will return home renewed and refreshed, with new ways of crafting the life you want to live.

## REGISTER SOON TO SAVE YOUR SPOT

It's so easy for women to put off doing things like this for ourselves. We warmly encourage you to register right away. For more information and to register, visit:

[www.theheadwaters.co.nz/camp-glenorchy/events-2/wellnessweek](http://www.theheadwaters.co.nz/camp-glenorchy/events-2/wellnessweek)

Ask us  
ABOUT EXTENDING  
YOUR STAY TO  
explore  
MORE OVER THE WEEKEND



CAMP  
GLENORCHY  
ECO RETREAT

