



AMAVI RETREATS

BE LOVED


A HOMECOMING
FOR HEART HEALING

4 days, 3 nights
Verrierdale, Sunshine Coast



INTENTION & PURPOSE

- Be Loved and Rejuvenate in a safe and non-judgemental environment
- Awaken to your true nature and align with your higher purpose
- Discover and reconnect with your inner child and immerse in feelings of self love
- Learn to forgive yourself and accept yourself for who you are
- Live your life with Love, Gratitude, Abundance and Peace
- Leave with a deeper understanding and greater appreciation of your life lessons and soul purpose

A man with long, curly brown hair and glasses is smiling broadly, looking down at something in his hands. He is wearing a dark green button-down shirt. He is surrounded by other people, whose heads and shoulders are visible in the foreground and background, suggesting a group setting. The background features a large window with a view of a city skyline and a textured wall.

"INVESTING IN YOURSELF IS THE
BEST INVESTMENT YOU WILL EVER
MAKE. IT WILL NOT ONLY IMPROVE
YOUR LIFE, IT WILL IMPROVE THE
LIVES OF ALL THOSE AROUND YOU."

– ROBIN SHARMA



ITINERARY

THURSDAY

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| 2pm | Check-in & Arrive |
| 4pm | Welcoming Circle, Hero's Journey Workshop |
| 6pm | Dinner |
| 7pm | Fire-side gathering |



FRIDAY

8am	Yoga
9am	Breakfast
10am	Free time to unwind
12pm	Breathwork
1pm	Lunch
2pm	Reiki
4pm	Free time Massages, steam, magnesium salt pool
6pm	Dinner
7.30pm	Sound Healing
9pm	Discussion/Integration



SATURDAY

8am	Forest bathing
9am	Breakfast and Vegan Food Class
11am	Relationship Rescue Workshop
1pm	Lunch
2pm	Free time Massages, steam, magnesium salt pool
6pm	Dinner
7pm	Personal Development Workshop
8pm	Discussion/Integration

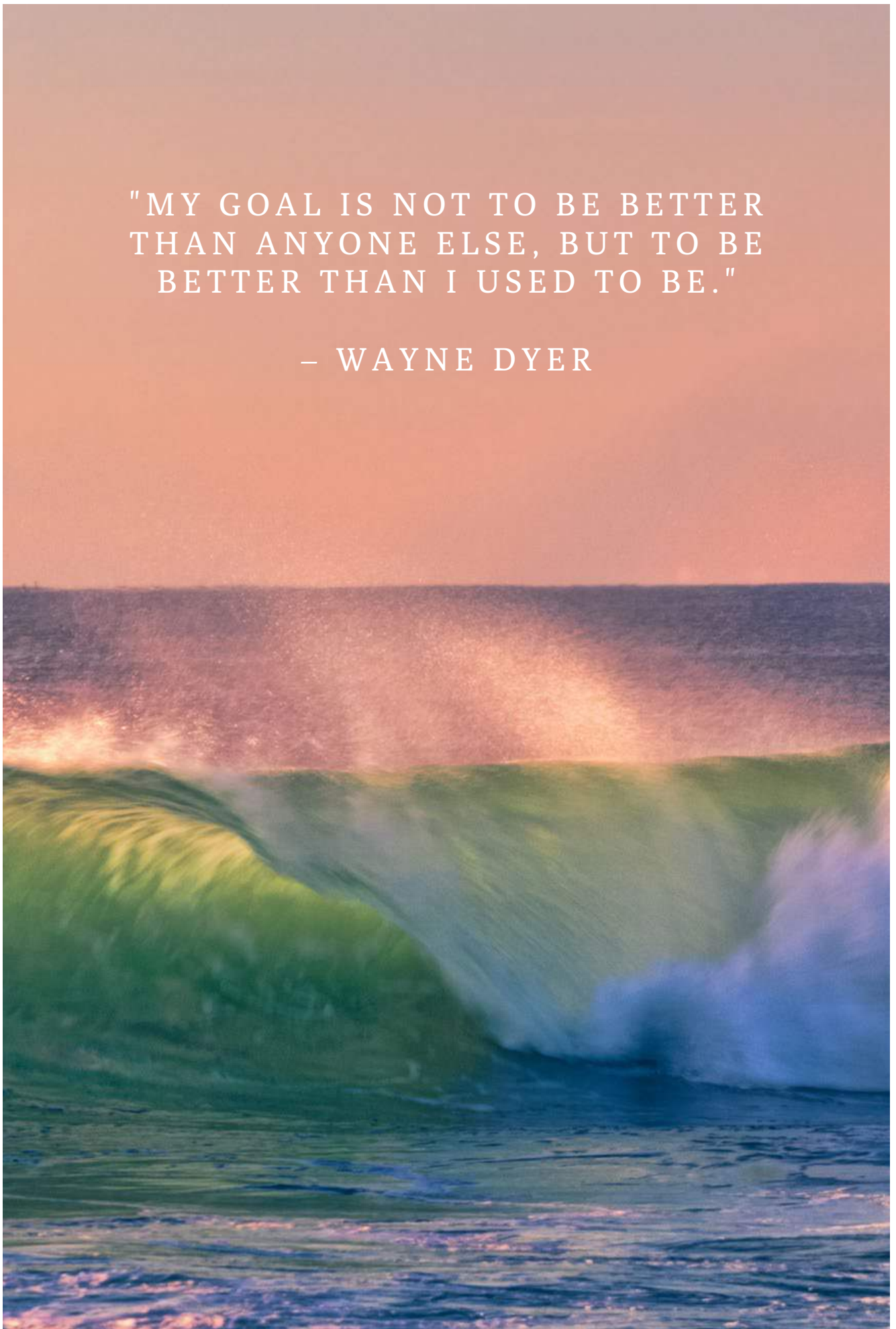


SUNDAY

8am	Nature walk/Breathwork
9am	Closing Ceremony, testimonials
11am	Brunch
12pm	Checkout

"MY GOAL IS NOT TO BE BETTER
THAN ANYONE ELSE, BUT TO BE
BETTER THAN I USED TO BE."

– WAYNE DYER



INCLUSIONS

- 3 nights accommodation at Amara Resort
- All nourishing and chef prepared meals
- Reiki
- Yoga
- Sound Healing
- Guided Meditation and Breathwork classes
- Forest Bathing
- Nature Walk
- Self Development Workshops
- Vegan Food Class

EXTRAS

- Massages
- Airport transfers

EXCLUSIONS

Flights, travel, alcohol, additional healings



AMAVI



BOOKINGS & RESERVATIONS

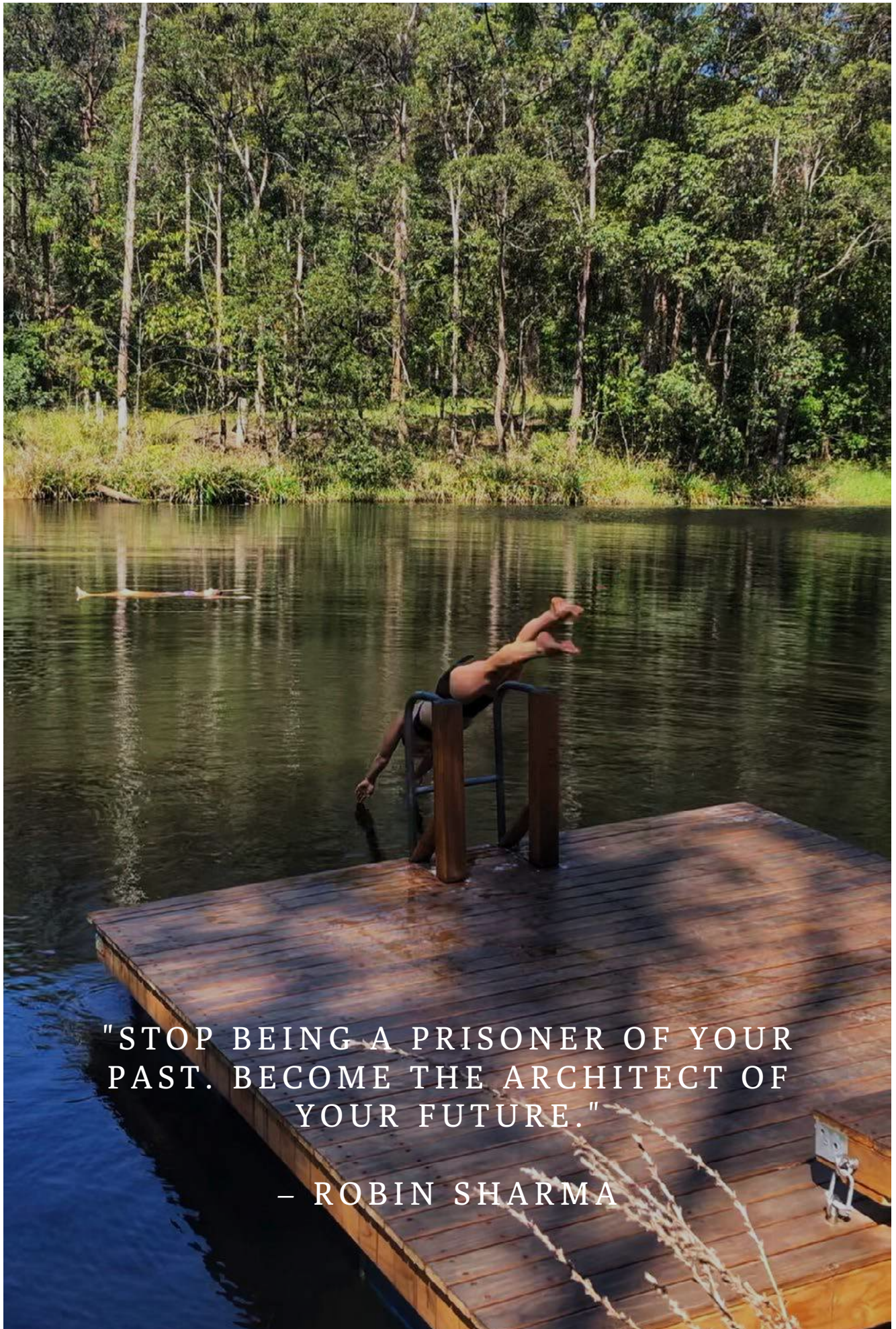
Twin Share - \$1,699.00

Private Room - \$1,999.00

Please enquire about payment plans

25% deposit is required to secure your place. A portion of this deposit is non-refundable should you choose to cancel your booking within 30 days.

BOOK MY DISCOVERY CALL



"STOP BEING A PRISONER OF YOUR
PAST. BECOME THE ARCHITECT OF
YOUR FUTURE."

– ROBIN SHARMA



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