

Women's Soul Nourishment Retreat

Times

Friday 28 October arrival from 4pm. Please plan to arrive by 6pm.

Til Sunday 30 October. Finish around 3pm. Depart approx 4pm.

Venue

Rainbows Reach Retreat. At the end of Toepfers Rd, Wyee, Central Coast, NSW.

If using GPS set for **10 Toepfers rd, Wyee then follow signs, or you'll end up lost in Mandalong/Morriset.*

Bring

***Sheets** and **pillow cases** (available for hire \$10 but preferred if you can BYO).

*An array of **clothing** suitable for warm and cool weather conditions that you will be comfortable wearing during our retreat and activities.

*Something special you'd like to wear for **goddess photoshoot** (more info below).

OPTIONAL: **yoga mat**, a **torch** for night time and **walking shoes** for bush walks.

Meals

Simple yummy home cooked vegetarian meals and snacks provided.

*If you have any allergies please inform prior to event.

Communications

Although mobile reception is available it is recommended for your retreat experience to keep your outside communications to a minimum to give yourself the best opportunity to immerse yourself in this YOU time.

You may like to let people know ahead of time that you will be unavailable unless of an emergency and perhaps even switch your phone off for the entire weekend or only check urgent messages at a certain time each day. **You are welcome to give the retreat phone number (02) 43551058 for emergency contact.**

Off grid venue

At our beautiful off grid venue runs on a combination of solar and generator power. For this reason we ask that you be very mindful of your power usage and do not bring things like hair driers (as these will not be allowed to be used as they use a lot of power). Mobile phone chargers are ok but again it is our recommendation to keep your phone usage to an absolute minimum or not at all to enhance your retreat experience.

Receipts

Receipts will be available for you in printed copy at the retreat.

Your woman time immersion weekend

As part of your retreat immersion experience I highly encourage you to get back to nature and the simple things and a state of 'beingness' as much as possible.

To support you in this I recommend and request the avoidance of bringing or wearing make up, deodorants, perfumes (perhaps just some essential oils if needed) and even sunscreen. Perhaps even letting go of your normal skin care routine for our time together.

You will each receive a small gifted container of **coconut oil** upon your arrival which you can use for yourself as a moisturiser and sun protector.

Weekend Retreat Activities and Workshop Space

There will be a vast array of yummy being in the feminine energy activities you will have the opportunity to participate in guided by Kathy during our weekend immersion designed specially to help to bring you into the space, drop in, open up, shift, process and intergrate and bringing you back out so you are feeling nourished and nurtured and revitalised by the time you leave Sunday afternoon.

Besides **talking circle**, all other activities, although encouraged, are optional to give you the space to listen to your own intuitive wisdom as woman and honour your bodies needs. Acknowledging that each woman is different and that her body and soul wisdom will show her the way to receiving and experiencing what she most needs during our weekend.

Activities guided by Kathy include: Talking Circle, Wild Woman Dreaming Guided Meditations and Sound Journeys, Sacred Dance/Movement/Yoga, Laughter Yoga, Restorative Yoga, Guided Relaxation and even some Healthy Snack and Treats Makings!

Goddess Photo Shoot

This is an extra casual optional element of our weekend for you to play in. If you love photography you are welcome to bring your camera and help be a part of capturing the goddess moments too. You are invited to be a part of being photographed, taking photos during the photo shoot or doing both! My vision for the goddess photo shoot is capturing the natural nature beauty of each woman. The shine and goddess within.

You are invited to bring something special to wear and adore yourself with. I personally would like to encourage you to **wear little, or no make up**, so it is more of a 'natural/nature' photoshoot but I will leave that up to you and what makes you feel beautiful. (Again, remember no hair driers or hair curlers). You are also invited to make it even more nature orientated by collecting and creating with nature materials for elements to include in the photoshoot.

In our **creative art space** you will have the **opportunity to create and weave together your own goddess headpiece or crown**. I invite you to be as **organic** and **simple** and **pure** in this **photoshoot** and **just flow with what unfolds**. I trust and believe the journey of the retreat will naturally take you to this place where you naturally embody the goddess energy we seek to capture in this photoshoot time.

Creative Art Space

During our weekend together we will have a dedicated creative art space where you can allow yourself to flow, unfold, create and integrate. This will be a space you can flow to whenever you feel called to during our time together. You are welcome to spend as much or as little time there as you like (except for during our talking circles when we come into our full circle for sharing).

There will be some suggested ideas of what you may like to create here is your own **woven dream catcher** or **goddess crown**. Or you may prefer to follow your own intuitive flow and create something totally unique that unfolds from your journey here.

Our creative art space support sister **Charlotte** will be there to help support you in this space if you need some extra encouragement, feedback or direction. *If you have any **special items** from home (beads, feathers etc) **that you would like to bring** to possibly **weave** into your creations you are most welcome to bring them.

Some key notes from our beautiful retreat owners

The retreat is simple and low key but still treat it with respect, care and gratitude. We are here to give you a low cost sustainable, mindful, private & safe retreat space.

Please always turn off lights as you leave any room. And “**always**” turn off lights that you find others may have left on.

Shower preferably in **daylight** hours to save power, as water is PUMPED from tanks.

Stainless wall-oven & grill have auto igniters, small oven & stovetop needs a flame to light, always be sure they are turned OFF when you finish cooking.

Give the floor a quick mop after you use the shower.

Out side solar LED's and spotlights are automatic and turn on only at night. Inside there are auto power point night-lights in bathrooms, lounge & kitchen. Please leave them ON so people can see at night.

Toilets are filled with a gravity feed water tank and take a while to fill. Use minimal paper, as it's a septic system. You are welcome to “pee on a tree”

Make your bed as indicated, please don't sleep on bedspread use linen, re-make before you leave and “leave your bed as you found it”. Don't remove any blankets from the bedrooms. (There are other blankets in the barn) Hire set of linen if required.

Swim in the pool or the dam! Please don't use the pool from 11pm and 8am.

Inside furniture, blankets & pillows must “stay inside”.

There are blankets & pillows in the barn that must be returned there after use.

If the batteries run low the generator will come on automatically, this can especially happen at night if a lot of power is consumed, we try to avoid this by encouraging you to conserve power at night, so the generator doesn't disturb your sleep.

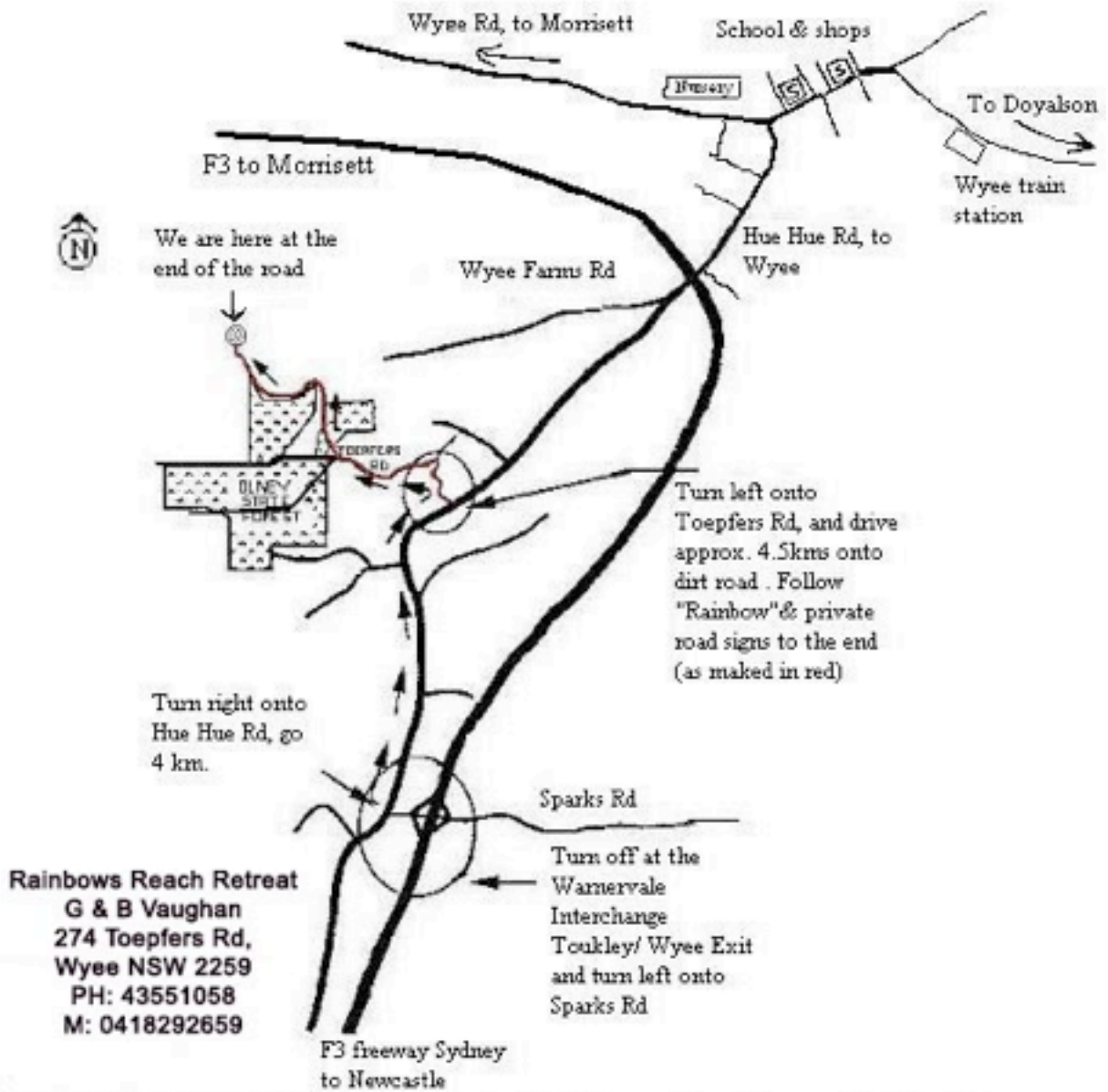
If anyone goes for a bushwalk, they must let facilitator know and preferably take a mobile phone with them.

Report any damage breakages or problems with retreat.

Please respect the privacy of the main house.

Emergency ASSEMBLY POINT is at the gazebo by the pool, please do not leave the property without telling someone.

Map to Rainbows Reach Retreat



Take the Toukley/Wyee EXIT, left onto Sparks Rd, drive to end then right onto Hue Hue Rd. Drive on for 4km and take 2nd left Toepfers Rd. Follow road onto dirt for 4.5kms following RAINBOW & PRIVATE RD signs all the way to the end. If coming from the north on F3, you take the Mandalong exit turn left off exit ramp then right at 2nd roundabout to Wyee/Doyalson. At Wyee turn right onto Hue Hue Rd, after freeway overpass bridge take 3rd turn on right Toepfers Rd, follow road 4.5kms to end.

Ok beautiful woman,

So very much looking forward to sharing this beautiful weekend with YOU!!!

Big big love,

Kathy Popplewell

Wild Woman Dreaming Medicine Woman

Sacred Women's Spaces

daintreelove@gmail.com