

The Body Image Therapist
Ashlee Bennett



Retreat Information Byron Bay 2020 “Body Peace”

March 20th to 25th

Special Event VIP Invitation

Sarah Harry, Ashlee Bennet and Dani Adrianna

A special collaboration of Body Image Influencers



Find out more about us!

<https://iamdaniadriana.com/>

www.bodypositiveaustralia.com.au/

<https://www.bodyimage-therapist.com/>

Sangsurya Retreat (heaven!)



Retreat Dates are March 20-25 2020

Don't miss this amazing and very special event. A collaboration of 3 of Australia's most experienced Body Positive Activists, Therapists and Yoga Teachers. We will be sculpting with clay, talking social justice, body image and self-compassion.
Learning skills to take away with you for life.

We begin early (check in 9-10am, welcome at 11am) so we recommend you fly into in Byron Bay the night before.

It is a 5 Nights/6 Day, Luxury Retreat at Sangsurya Retreat Centre. Voted "Best Retreat Centre in Australia" by Body and Soul. Sangsurya is on a hill about 5-7 minutes' drive to central Byron Bay. It's a peaceful, stunning place with an amazing yoga shala and group spaces.

This retreat aims to be fun, relaxed and open for all bodies, gender identities and abilities. It will be a mix of relaxation by the pool, yoga classes and workshops and relaxation time to explore Byron Bay town and beaches and the stunning hinterland towns. We have built in some free time over lunches and dinners so you can also explore the local restaurants, shops and scenery (totally stunning!)

We love food (and definitely have welcome drinks!) and have an inclusive attitude to our catering (delicious from a wide variety of food groups, including the dessert food group!) Allergies/Vegan/Vegetarian all possible if noted on registration.

Room Types (some are free standing houses all totally unique and built by hand) the resort is totally private (only us) and built by hand. It has the feel of a Balinese retreat.

Rooms types and prices (includes food) Flexible
Payment Plans Available (deposit due now) \$250
Shared room triple \$1595 pp
Shared room twin \$1995 pp
Small single room with Ensuite and Standard single share 1 other \$2395
Large Single room with Ensuite \$2495
Deluxe Single rooms own bath \$2695



Deluxe Single



Large Single with Ensuite



Small Single



Twin Share (beds look small but are regular singles)

Inclusions:

5 nights/6 Days accommodation in very special, all individual and hand built luxury accommodation (all rooms and houses are different and unique) and beautifully decorated.

Food 5 Breakfasts, 3 lunches and **3/4 (2 course) dinners** (subject to small change)

All day "snack and hot drinks station"

All yoga and workshops in the purpose built rainforest Shala with all props provided

Welcome drinks on the first night

Amenities such as shampoo/Conditioner/Body wash/Hair Dryers and some rooms have fridges or small kitchens. Filtered water. Deluxe rooms have TV facilities.

Yoga/Workshops 1-2 Yoga Classes per day and 1-2 Workshops per day

Wi-Fi

Meditation There is a new mediation deck with a view of the water and rainforest for your personal meditation and we provide some meditation and yoga nidra in the program

12 hour unplug - We generally offer 12 hours of silence to experience a taste of peace (optional)

Not included: Flights and transfers to Sangsurya Retreat Centre or travel insurance (a must if you are travelling from overseas). Some meals.

Nearest Airport: **Ballina** (20 mins drive or bus transfer) or **Gold Coast** 45 min drive or bus transfer)

This is a body positive, size positive, inclusive and trauma aware retreat. There will be some guidelines sent closer around this. The retreats are general women or female identifying people. All bodies are welcome. This is a Fat Positive Space.

Sarah has 17 years' experience running retreats and holding safe spaces.

Any worries, concerns or questions to sarah@bodypositiveaustralia.com.au