



Two Day Retreat

# BUSY TO BALANCED

Finding Happiness  
in a fast-paced world.

## AUGUST 25-27TH, DAYLESFORD, VIC

**THIS WILL BE A RETREAT WITH A DIFFERENCE. JOIN US FOR A TRANSFORMATIVE EXPERIENCE THAT WILL LEAVE YOU FEELING REFRESHED AND EMPOWERED.**

### Frequently Asked Questions

#### **Who is the Busy to Balanced retreat for?**

The Busy to Balanced retreat is for women who have identified that their current level of busy is not sustainable and are ready to learn practical tips that will help them break their busyness cycle and replace it with one that is much more balanced.

#### **Where is the retreat held?**

Your two-day retreat will be held at Brandy Hot Forest Retreat near Daylesford. A modern 20-acre property within a quiet and serene bush setting just a short drive from the centre of Daylesford.

#### **Where are the retreat workshops held?**

All workshops will be held in the comfort of the main house. It is a modern light filled home with ample lounges and room around the dining table for all our retreat guests. If it's a cold day, we can put on the wood fire, providing the most relaxing of settings as you embark on this important journey of breaking your busyness cycle.

#### **Can I come by myself?**

Absolutely. The Busy to Balanced Retreat has a lot of activities that designed to be done independently, plus your hosts Ange and Amy will ensure that you are made to feel welcome. Or if you choose, you can share this transformative experience with a group of friends, it would be a great way to keep each other accountable. After you have booked via Trybooking, you will receive a form where you can let us know if you are travelling with others.

#### **How much does it cost and what is included?**

All Busy to Balanced Retreat workshops, materials, all meals and accommodation are included. Linen and towels are provided. Early bird prices are available to all guests who book before 30th June 2023. After this date prices increase by \$100 per person.

- Twin Share room \$1495 per person (king single beds & private ensuite)
- Private room \$1745 (luxury king bed & private ensuite)

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## Workshops and Materials

- Five structured workshop sessions with your hosts, Amy Kennedy, Professional Organiser and Coach and Ange Fragiacom, Mindset and Wellbeing Coach.
- A variety of activities designed to help you decompress, relax, reflect and support you to create a future pace vision.
- All materials and supplies used during through-out the Busy to Balanced Retreat.
- You will receive a goodie bag including all the supplies that you will need during the retreat, plus some special extras to take home.

## Group Coaching

All Busy to Balanced Retreat guest will also receive 4 bonus hours of group coaching (done before and after the retreat) to ensure you can continue to transform your life beyond these two days.

## Accommodation

Two nights' accommodation near Daylesford in a beautiful, modern property with enough space for guests to have some downtime or reflection time away from other retreat guests. There is a choice of rooms available all located on the property.

Each room has an ensuite with shower, toilet, basin. Individual beds per person (no bunks) in a twin share room, alternatively couples can request a two-share room with a king bed.

## Meals

All meals are included. Guests will be provided two breakfasts, two lunches, two dinners & morning and afternoon tea. Tea, coffee, juice and healthy snacks will also be available for guests to help themselves to during the retreat.

All main meals (lunch and dinner) are provided by a local Daylesford caterer who is committed to the slow food philosophy and supporting local farmers. Expect it to be delicious and nutritious. Dietary requirements can be catered for. We ask as to inform us via the form send after booking.

## What food are you serving?

We have chosen a caterer who believes in supporting local farms and their menu is updated weekly according to the produce coming of the farm, so unfortunately, we can provide you with the exact menu as yet but think fresh seasonal produce.

Breakfasts will include a variety of cereals, fresh fruit, yoghurt, fresh bread and condiments. Lunches will include delicious soups, salads, pastries and mixed rolls and wraps. Dinner will include hearty homestyle meals served with vegetables and salads, followed by a yummy dessert. A selection of quality local wine, beer and non-alcoholic drinks with each evening meal.

We will ensure that there a broad range of fresh foods available to suit a variety of tastebuds. We will make sure that you won't go hungry.

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## **Do you cater those with special dietary requirements?**

Of course. One of your hosts is a coeliac, so we fully understand the importance of catering for a variety of allergy and dietary needs. However, to ensure that there are yummy food options available for you we will need notice. After booking you will receive a form in which we ask you to outline any special dietary requirements. We ask that you return this to as soon as possible.

## **Am I able to cancel if something comes up?**

We know life happens. You can cancel up to 30 days before and receive a refund (minus a 25% cancellation fee). All cancellations made within 30 days of the retreat are non-refundable.

## **Will there be time to visit the area we are staying?**

We are not going to stop anyone from leaving the property during the Busy to Balanced Retreat, however, we do ask that guests stay on the property so that you can get the most out of the retreat. We have incorporated a lot of downtime and reflection time where you can take time out to relax in your room, sit around the fire or go for a walk around the trails on the property. If you wish to explore Daylesford and Hepburn Springs, we recommend that you arrive in town early or do so after the retreat ends.

## **What should I pack?**

You can pack whatever you choose, but the only things that you will really need are some clothes that you feel comfortable in (and maybe your slippers or ugg), a warm coat, gumboots or shoes suitable for walking around the forest property and a refillable drink bottle. Plus, whatever personal items that you may need. Otherwise, we have everything covered.

## **I would love to come to the Busy to Balanced Retreat. How do I book?**

You can book online via the Trybooking link: <https://www.trybooking.com/CILKL>

If you have any other questions, please email your hosts:

Amy [info@organisingbee.com.au](mailto:info@organisingbee.com.au) or

Ange [ange@consciouslivinghub.com.au](mailto:ange@consciouslivinghub.com.au)