



Perfect Fit 4LIFE

Health & Wellness Day Retreat **4 LADIES**

10AM - 4.00PM
SUNDAY 13 NOVEMBER 2022
SPRING BEACH YOUTH CAMP, ORFORD

EMBRACE THE BEAUTY OF BEING ENOUGH

Every lady will leave equipped with a fresh mind, practical tools and empowerment to launch into action. Embrace nourished footsteps as they walk out the door.

Join Jody Sargison and her exceptional team to discuss common health and nutrition issues that keep us feeling stuck.

We'll share professional health and wellness education, and simple, practical strategies to activate change right away.

Come as you are and drop off what's weighing you down. Leave feeling pampered, inspired, and equipped with your next healthy step.

Relish in the tender loving inspiration as each presenter bravely shares personal life story of trial and glory to bring you hope in 'what's possible'.

Our professional team will connect you to additional support opportunities beyond the limitation of the retreat to ensure you're wrapped in love and confidence that you're not alone.



Retreat Highlights



NOURISH YOUR MIND

We spend endless money and time on our body, yet so often neglect our mind amidst the busy pace of life. Fall in love with the essential wellness practice of allowing time to understand and nourish your mind. Our peace promoting, Mental Health Social Worker from the east coast, **Victoria Headlam** walks us through a practical exercise to take home, employ and enjoy a fresh release of empowerment.



YOGA WITH THE ORIGINAL YOGI FROM THE BLUE COAST

Strength, length and love for your Body, Mind & Spirit. Our beautiful **Helen Wise**, the original Yogi from the coast, leads us through an embodying Yoga session for all fitness and skill levels. Yogi Helen is graciously growing older and she can't wait to share the secrets to her everyday youthful shine.



ENOUGH

What is ENOUGH, how to get it, feel it and know it! With this insight, we enjoy daily satisfaction. Long-time exercise and wellness expert **Jody Sargison** shares personal and professional bumbles and brilliance to enhance your ability to love the who you are when you look in the mirror. Engage new strength in every step of life.

WE LIKE TO MOVE IT!

We open discussion of what fun movement can look like to expand and excite our mind for new things. We get moving during this segment, with fun, practical exercise options to inspire you to get going even on the laziest of days. Nothing too strenuous. Marvel in what your body can do with **Jody Sargison**.



HOLISTIC HEALTH

Our Tasmanian pioneer of holistic health, **Dr Sally Chapman** joins us to educate and deepen understanding of female hormones and how to love them through consistent, daily habits. Sal connects us with why and how it's so important to minimise stress and keep hormones in great shape. Our Tassie legend shares her personal healthy habits and why she got onboard the holistic wagon.



BODY LOVE BOOSTER

Soak in body loving goodness as the Guru of Essential Oils, **Bridget White**, shares raw goodness and information about your special take home treat.

AWAKENING YOUR INNER CHEF

Our everyday, healthy foodies share tips and tricks for simple nourishing, tasty meal options the whole family will love, during a practical presentation over lunch.

The Event

10am - 4.00pm

Sunday 13th November 2022

Spring Beach Youth Camp

www.springbeachyouthcamp.com.au/

This is a not to be missed health and wellness retreat for women.

At the event women bring a beanbag, pillow or seat to relax and absorb the motivational stories and information from guest presenters. Each presentation will offer a key message and simple actionable opportunity to take home and implement right away.

We will enjoy a delightful morning tea and lunch together, over a brief presentation and open group sharing on nourishing your body and using food as medicine.

Event attendees will have the opportunity to join in movement activities for every level.

Local women artists, business owners and community group leaders, will be invited to hold small stalls set up around the outskirts of the event for lunch mingle.

Upon arrival all women will receive a small, tote of goodies.

We look forward to spending time with you!

For more information and bookings, please go to www.perfectfit4life.com.au

