



Wild Bloom Retreats Women's Autumn Seasonal Self Care Retreat

Bowral, Southern Highlands NSW

Friday 5 – Sunday 7 April 2024

**Fully supported and facilitated by
Giselle Perry of Sofia Women's Circle &
Andrijana Vidovic of Avidus & Co**



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Your Retreat at a Glance

Day	Date	Itinerary	Accommodation
1	5 Apr 2024, Fri	Arrive and settle Welcome Circle: Awakening My Wild Woman Easeful Time Pre-Dinner Gather and Stroll Nourishing Dinner Group Reflections: Asking for what I need Fireside Gathering	Sage Manor Bowral
2	6 Apr 2024, Sat	Daily Yin Restorative Yoga Nourishing Breakfast Choose your own Adventure Morning Tea Water Ritual and Release Ceremony by the River Nourishing Lunch Circle Meditation and Movement Easeful Time Pre-Dinner Gather & Stroll Nourishing Dinner Fireside Gathering	Sage Manor Bowral
3	7 Apr 2024, Sun	Gratitude at Dawn Daily Yin Restorative Yoga Nourishing Breakfast Sound Bath Session Group Reflections: Tending to... Leave Taking Circle: Honouring of Wild Woman Farewell Lunch Gift of Goodbye	

Day by Day Itinerary:

Day 1

Friday 5 April 2024

Arrive and settle

You arrive at Sage Manor in the beautiful Southern Highlands and settle into your accommodation



Overnight at Sage Manor Bowral - King Single Bed in Own Room or King Single Bed in Twin Shared Room

Wonderful spacious house with plenty of room for guests to relax during our retreat in Bowral. This 6-bedroom house, and onsite cottage features a warm and inviting entry, formal dining room, informal dining, large kitchen, and a cosy slow combustion fire for those cool Autumn evenings. Sage Manor is situated in a private leafy enclave at the base of Mount Gibraltar with outlooks onto beautiful formal gardens along with spectacular deciduous mature trees.

Welcome Circle: Awakening My Wild Woman

Set an intention for your time away. Get to know the space, the flow of the weekend, and the women you will be sharing it with. Deepen into relaxation and get acquainted with your inner Wild Woman.



Easeful Time

We invite you to sink a little deeper into what it's feeling like for you to be here now. There's a transition phase we all go through when we step away from our worlds. Take the opportunity to lean into the space we have held for you.



Pre-Dinner Gather and Stroll

Allow the crisp Autumn, Highlands' air to refresh and cleanse you, as you stroll around the grounds before dinner, foraging for some beautiful items that we will use for our Circle centrepiece tomorrow.



Nourishing Dinner

There's nothing better than sharing a lovingly cooked meal together, that you haven't had to prepare yourself, and sharing conversation around the dining table



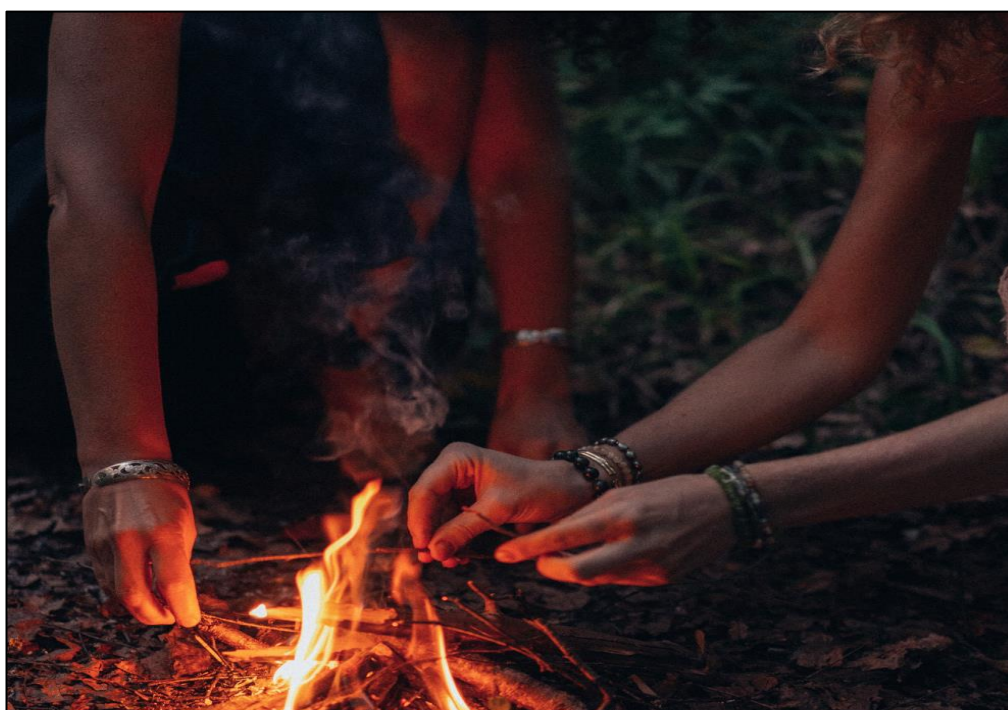
Group Reflections: Asking for what I need

Practice what it feels like, to ask for what you need, drawing on your Wild Woman of Autumn energy.



Fireside Gathering

Simply relax by the fireside.



Included meals: Dinner

Day 2

Saturday 6 April 2024

Daily Yin Restorative Yoga

Start the day with a yoga session focused on the Wild Woman energy and rejuvenation.



Nourishing Breakfast

Enjoy a nutritious breakfast to fuel the day.



Choose your own Adventure

Communal Gathering and Crafting or Solitude and Silence

You might like to join in on one of the creative activities, or just sit alongside the conversation. If you prefer some quiet, the inside gathering space has some prompts for reflection. There is time!



Morning Tea



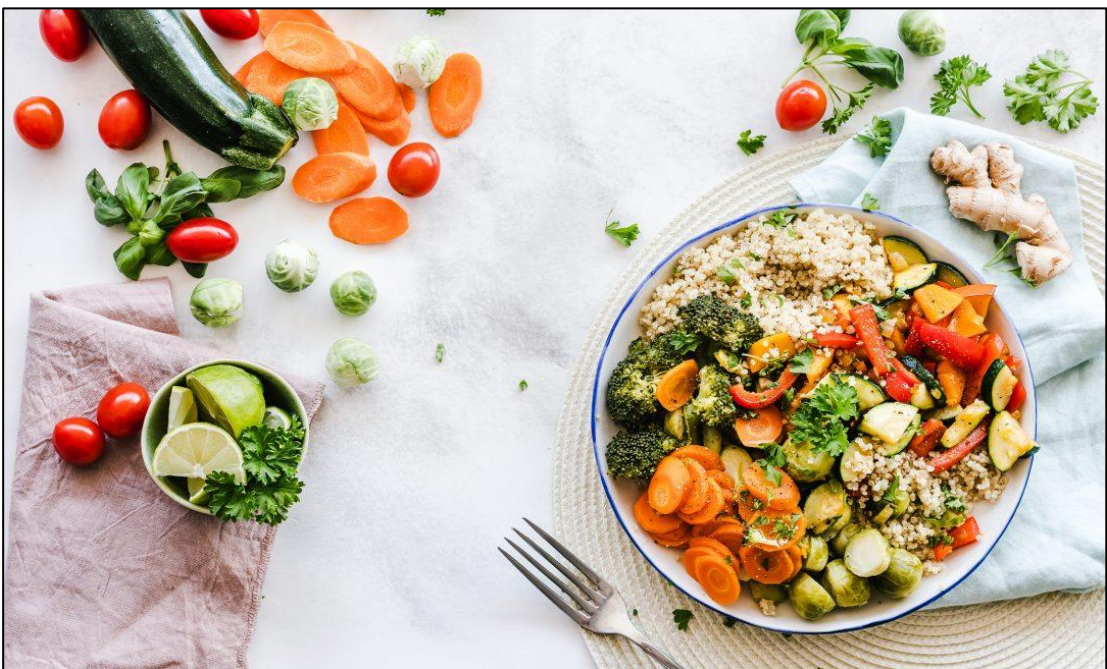
Water Ritual and Release Ceremony by the River

Join the group as we head off from Sage Manor, and make our way to the banks of the Berrima River. Release what no longer serves, in our approach to self-care and making space for what will be brought into being, in the coming seasons.



Nourishing Lunch

Gather for a healthy and satisfying lunch to nourish the body.



Circle Meditation and Movement

Guided meditation and movement processes, to reflect and embody the energy of the Wild Woman.



Easeful Time

We invite you to sink a little deeper into what it's feeling like for you to be here now.



Pre-Dinner Gather & Stroll

We invite you to find something to co-create our gratitude mandala to leave for the land at our Gratitude at Dawn activity tomorrow morning.



Nourishing Dinner

Enjoy a healthy and delicious meal together, eating all of the colours of the rainbow.



Fireside Gathering

Organic time around the fireside, see what unfolds.



Overnight at Sage Manor Bowral - King Single Bed in Own Room or King Single Bed in Twin Shared Room

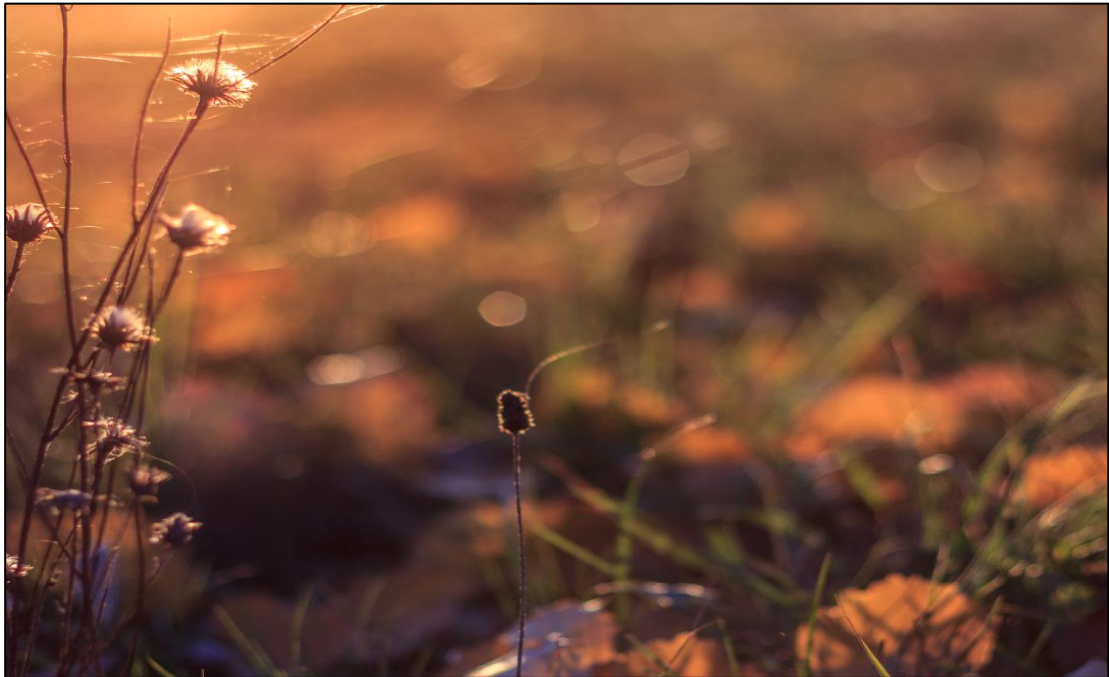
Included meals: Breakfast, Lunch, Dinner

Day 3

Sunday 7 April 2024

Gratitude at Dawn

Thankful offering to land and each other. Co-creation of nature mandala, we will leave for the land as thanks, and as a gift, honouring the Wild Woman energy.



Daily Yin Restorative Yoga

Start the day with a yoga session focused on the Wild Woman energy and rejuvenation.



Nourishing Breakfast

Enjoy a nutritious breakfast to fuel the day.



Sound Bath Session

Experience the wellbeing benefits of sound through a guided sound bath session, promoting relaxation and inner harmony



Group Reflections: Tending to...

Pamper and honour the Wild Woman in each other.



Leave Taking Circle: Honouring of Wild Woman

Gather for integration through sacred cacao ceremony to reflect on your retreat experience.



Farewell Lunch

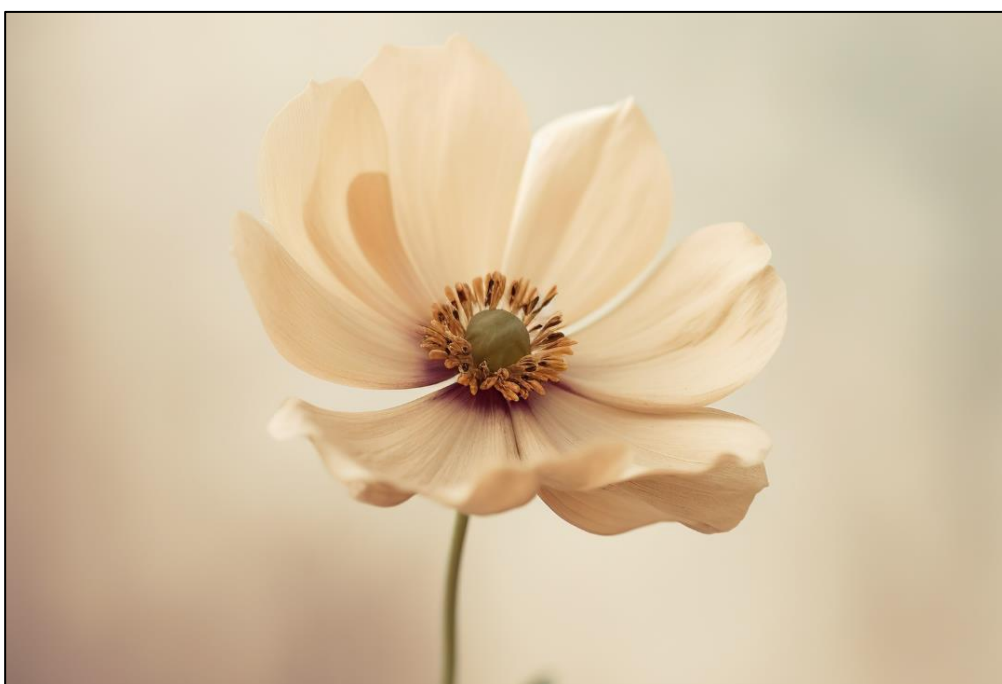
Gather for a healthy and satisfying lunch to nourish the body. Share a final meal together before departing

Gift of Goodbye

Say your goodbyes and depart from the retreat, and depart carrying the retreat's wisdom and experiences with you.



Included meals: Breakfast, Lunch



Investment:

Category	Description	Charges
Package	Twin Shared Room Package *	AU\$1,995 pp
Package	Single Room Package **	AU\$2,495 pp

* Accommodation is in single beds in twin shared rooms with 2 beds per room

** There are only two Single Room Packages available

INCLUSIONS

- 2 nights / 3 days at Sage Manor, Bowral
- Daily Restorative Yin Yoga Classes
- Daily Women's Circles
- Group Sound Bath Session
- Group Reflections Sessions
- Easeful Solitary Time
- All Meals including:
- Daily Breakfasts
- Daily Lunches
- Daily Dinners
- Coffee, herbal teas, spring water, juices and fresh fruit, slices
- Parking
- Welcome gift
- Fully supported & hosted by Giselle Perry of Sofia Women's Circle & Andrijana Vidovic of Avidus & Co

EXCLUSIONS

- Flights
- Transfers - This is a self-drive retreat
- Travel Insurance
- Personal expenses and gratuities

Click here to book now!

Terms & Conditions:

These Terms & Conditions apply to the person making the booking and all other persons on whose behalf the booking is made. Clients booking by telephone, facsimile, web, e-mail or by sending in a booking form will be deemed to have read and accepted the Terms & Conditions set out below, and our full Privacy Policy and Terms & Conditions outlined on Golf & Tours' website <https://golfandtours.com/wild-bloom-retreats-privacy-policy-terms-conditions/> Therefore, please read them carefully.

Wild Bloom Retreats, (acting as an agent under Golf & Tours Pty Ltd), nor Golf & Tours, has no liability in respect to the supply of any element of your booking, including any liability for Force Majeure, illness, personal injury, death or loss of any kind, delay and inconvenience caused directly or indirectly by any provider of travel services or products or by other third parties, nor any liability in the use of retreat facilities or through their voluntary participation in activities.

For "self-drive" retreats - Each driver must hold a full, current and unrestricted Drivers Licence, and their own vehicle. Wild Bloom Retreats will not be liable for any injury, damage or theft of your vehicle sustained during the retreat, including driving to and from the retreat.

Guests must be at least 18 years of age to attend the WILD BLOOM Retreats.

Acceptable behaviour and rules of engagement include (but are not limited to):

- a. respecting confidentiality,
- b. accepting others' personal boundaries,
- c. preserving safety and comfortability of others,
- d. respecting property / retreat space and associated rules (e.g., non-smoking venue).
- e. The rules will be outlined at the commencement of the retreat with all guests.

Wild Bloom Retreats reserves the right to substitute the location, or any of the accommodation or activities listed in this itinerary with any item of similar standard/value due to unforeseen issues (e.g. third-party delays or problems, construction, etc.). If, due to Force Majeure event making it impossible or unsafe for Wild Bloom Retreats to deliver all or part of the Retreat Package, Wild Bloom Retreats reserves the rights to postpone the tour to new dates.

It is recommended that guests check with their General Practitioner and their psychologist/psychiatrist or counsellor to ensure they are medically and psychologically fit for the program prior to attending.

Wild Bloom Retreats are not responsible for any make up sessions or compensation for guests who withdraw or miss any sessions within the retreat program itinerary for any reason including, injury, illness or personal unforeseen circumstances that occur while at the retreat.

Facilitators may attend other retreat offerings or processes and, when they are not facilitating, are purely a participant in the program and not acting as a facilitator at that time. Facilitators may also use the retreat spaces in their down time. At this time, facilitators are purely guests at the retreat and not acting as a facilitator at that time.

If you are choosing to share a room with another participant (a person that you may or may not yet know), you are aware that this comes along with pros and cons. Guests may raise any concerns regarding shared accommodation (e.g., interpersonal difficulties with the person sharing the room, snoring etc), yet there is no guarantee that another accommodation solution will be provided (e.g., switch of rooms). In the case that the participant decides to withdraw from the retreat due to shared room concerns, no refund of monies paid will be provided.

Wild Bloom Retreats is not responsible for participant behaviour. Guests displaying inappropriate or unsafe behaviour, or behaviour that differs from the rules of the retreat may be asked to leave the retreat early; in this case, no refund of monies paid to Wild Bloom Retreats will be provided to the participant/s and their place in the retreat will be forfeited.

Wild Bloom Retreats is not responsible for practitioner or service provider behaviour. Independently contracted practitioners engaged to practice at the retreat are bound to practice ethically by their own professional codes of conduct. All practitioners at the retreat have agreed to practice in line with the values of safety, respect, trust, kindness, compassion, honesty, and integrity. Wild Bloom Retreats is not responsible for any perceived outcomes from practitioner sessions on guests. Practitioners may be subject to change without notice.

All retreat offerings are by invitation (not mandatory). Guests can choose not to participate in any/all of the offerings (e.g., Yoga, Breathwork, Meditation, Sharing Circles, Nature Walks etc). Should you choose not to engage in the offerings, no refunds will be provided. You can choose to opt out of any of the offerings at any time. The retreat offerings cannot be switched for other offerings e.g., Yoga cannot be switched for an extra 1-1 coaching session.

By participating in the retreat and engaging in retreat processes and psychology-like services, guests agree to abide by these additional clauses, ensuring their understanding of the non-clinical nature of the services and their responsibility for their own wellbeing during the retreat.

Wild Bloom Retreats and each individual facilitator are not responsible for any perceived clinical outcomes on guests' health and wellbeing. The retreat offers no exceptional benefits/events over and above any other retreats offered, and does not claim to lead to exceptional personal benefits of any nature.

1. **Non-Clinical and Group Services:** Guests acknowledge that the facilitators are providing non-clinical services, and Wild Bloom Retreats does not offer individual therapy or clinical treatment. The facilitators' (including a registered psychologist) involvement in retreat offerings and facilitation are intended for personal growth, education, and self-exploration and are not a substitute for professional clinical treatment or therapy.
2. **Informed Consent:** Guests must provide informed consent before participating in any retreat processes, offerings and activities. Informed consent includes understanding the nature of the services, their non-clinical nature, and the potential benefits and limitations of engaging in these services. Informed Consent is inferred upon receipt of the Final Payment and will be confirmed prior to each activity, process and offering invitation.
3. **Limited Liability:** The psychologist and facilitators providing retreat services shall not be held liable for any outcomes or perceived clinical benefits resulting from the services. Guests understand that the retreat does not claim to provide exceptional therapeutic benefits and should not be relied upon as a therapeutic intervention.
4. **Mental Health Disclaimer:** Wild Bloom Retreat acknowledges that all retreat processes and services are not designed to diagnose or treat mental health conditions. Guests with specific mental health concerns or clinical needs are advised to seek appropriate clinical services from a licensed mental health professional.
5. **Duty to Refer:** In the event that a participant exhibits symptoms or concerns indicating the need for clinical intervention, the psychologist (as facilitator) may exercise their duty to refer the guest to an appropriate licensed mental health professional for further assessment and treatment.
6. **Confidentiality and Privacy:** The retreat facilitators shall maintain strict confidentiality and privacy regarding guest information shared during the retreat. However, guests should be aware that in a group setting, complete confidentiality cannot be absolutely guaranteed by others, and they should exercise their own personal discretion in sharing personal information.
7. **Group Dynamics and Support:** The retreat facilitators shall foster a supportive group environment where guests can engage in respectful and open discussions. Guests shall respect each other's privacy and refrain from sharing personal information outside the group setting without explicit consent.
8. **Guest Responsibility:** Guests are responsible for their own wellbeing during the retreat. Guests must notify the facilitators of any personal limitations or concerns that may impact their participation or the experiences of other guests in the services.
9. **Licensing and Professional Standards:** The facilitators maintain their professional licenses and adhere to the ethical guidelines and professional standards set forth by relevant associations, registration and insurance bodies.
10. If guests experience an acute crisis or are deemed at risk to themselves or others as assessed by either of the primary facilitators, facilitators will undertake the appropriate risk assessments, safety planning and medical / psychological action plan.

Data Use and Protection

By completing our booking form, the guest agrees that they may be photographed and/or filmed during the program and/or activities in connection with the Wild Bloom Retreats, and also agrees that Wild Bloom Retreats may use such recordings for promotion and/or advertising purposes with prior participant consent. You do not have permission to share any photos/videos of other guests and/or facilitators on social media or media platforms without their prior consent.

No person or entity shall copy, reproduce, or promote Wild Bloom Retreats without our prior written consent.

Advertising

Advertising aims to provide an accurate reflection of the retreat offerings and accommodation space. While we aim to provide an accurate representation of the space and offerings, some photos/images are taken elsewhere and are used

in advertising. Wild Bloom Retreats holds no responsibility for any perceived misrepresentations of the offerings/retreat space offered. Wild Bloom Retreats will not be held liable for any misuse of collected information (e.g., photos on our website) other than for our intended purposes.

Travel Insurance

It is mandatory that you have your own comprehensive travel insurance while travelling on a Wild Bloom Retreat. The policy should provide cover for any element of your booking including loss of deposit, cancellation, liability for illness, medical expenses, repatriation, personal injury, death or loss of any kind, delay and inconvenience caused directly or indirectly by Wild Bloom Retreats, or by any other third parties we subcontract to, and loss or damage to baggage and valuables. You are responsible for making any special or increased insurance arrangements which you deem are necessary. The payments made to Wild Bloom Retreats for your retreat are non-refundable. Travel insurance will cover you for unseen circumstances that may force you to withdraw from the tour. Wild Bloom Retreats strongly recommends that you take out "Cancel for Any Reason" (CFAR) insurance.

Pricing

Every effort is made to ensure that the prices quoted to you are correct; however, Wild Bloom Retreats acts only as an agent and relies on information provided to us from our suppliers of the travel services and products listed in this itinerary. We will bring to your attention any change in price prior to you paying the balance of the tour. N.B some accommodation, transfer companies and travel service providers reserve the right to increase their pricing due to increases in fees, accommodation charges and currency fluctuations etc. Where the increase in price is greater than 10% of the original price of the retreat, you may choose to either:

- (a) cancel the applicable booking without incurring any penalty; or
- (b) accept the change of price

You must notify Wild Bloom Retreats of your choice within 14 days of receipt of notice of the increase or you will be deemed to have accepted the price change and will be liable for payment of the increase.

Payments

Wild Bloom Retreats accepts the following payment methods: Direct bank deposits and credit card (Visa, American Express or MasterCard N.B credit card payments will incur a 2.9% processing fee).

A \$500pp deposit is required to secure your place on this retreat. After you have confirmed your booking, we will contact you so you can make this payment.

One week prior to the balance due date, 5th February 2024 Wild Bloom Retreats will contact you, advising of the full amount owing for the tour, minus the deposit already paid, giving you the final balance owing. If you wish to make this final balance payment earlier than this date, please contact Wild Bloom Retreats.

Cancellations & Refunds

Cancellations by the client must be in writing and are subject to the following forfeit of cost per person:

Cancellation before final balance payment is required: Deposit lost

Cancellation after final balance payment has been completed: 100% of the tour cost charged

If Wild Bloom Retreats is forced to cancel a retreat due to minimum numbers not being reached, a full refund of the total cost paid (minus the deposit) will be provided to guests. The non-refundable deposit paid can be used to secure a place at future Wild Bloom Retreats. This does not include Force Majeure.

Force Majeure

Force Majeure means the occurrence of an event that is beyond Wild Bloom Retreats' reasonable control and which could not have been reasonably prevented by Wild Blooms Retreats which includes, but is not limited to: (a) war, armed conflict, criminal damage, riot, civil strife, industrial dispute, terrorist activity or the threat of any such acts; (b) natural disaster (including but not limited to flooding, fire, earthquake, landslide, pandemic), adverse weather conditions, high or low water levels; (c) nuclear or other industrial accident causing environmental pollution or contamination; or (d) change in law, meaning, enactment, amendment (including repeal) in the law or administration

of any law in Australia or any jurisdiction or territory relevant to the booking contract, which includes changes in statute, regulation, determination, by-law, declaration, licence and the common law as applicable from time to time.

Termination of Booking Contract or Change of Travel Arrangements due to Force Majeure

If Wild Bloom Retreats in its reasonable opinion, considers that any Force Majeure event prevents Wild Bloom Retreats (whether directly or through its employees, contractors, subcontractors and agents) from lawfully or safely providing any products or services subject of the booking contract with you, Wild Bloom Retreats may immediately by written notice: (a) terminate the booking contract (in whole or in part); or (b) change your travel arrangements as reasonably practicable to ensure your safety and invoice you for any additional costs..

Limitation of Liability in the Event of Force Majeure

In the event of a force majeure event, making it impossible or unsafe for Wild Bloom Retreats to deliver all or part of the Retreat Package, Wild Bloom Retreats reserves the rights to postpone the retreat to new dates. If these rescheduled dates do not suit the guest, Wild Bloom Retreats will offer a credit voucher to the full value they have paid for the postponed retreat, to be used on a future retreat (within 12 months of original retreats departure date). Or at Wild Bloom Retreats discretion, refund the guest for the unperformed part of the Retreat Package, less any reasonable losses incurred by cancellation. Losses may amount to a substantial proportion of the retreat package price. Wild Bloom Retreats will use reasonable endeavours to minimise losses incurred by guests. All guests must take out travel insurance to protect themselves against loss in these circumstances.



