



CARMY

RETREAT : FIJI

22 MAY - 27 MAY 2017



REFRESH ...

REJUVENATE ...

RECALIBRATE ...

Imagine a woman who believes it is right and good she is a woman.

A woman who honours her experience and tells her stories.
Who refuses to carry the sins of others within her body and life.

Imagine a woman who trusts and respects herself.

A woman who listens to her needs and desires.
Who meets them with tenderness and grace.

Imagine a woman who acknowledges the past's influence on the present.

A woman who has walked through her past.
Who has healed into the present.

Imagine a woman who authors her own life.

A woman who exerts, initiates, and moves on her own behalf.

Who refuses to surrender except to her truest self and wisest voice.

Imagine a woman who names her own gods.

A woman who imagines the divine in her image and likeness.
Who designs a personal spirituality to inform her daily life.

Imagine a woman in love with her own body.

A woman who believes her body is enough, just as it is.
Who celebrates its rhythms and cycles as an exquisite resource.

Imagine a woman who honours the body of the Goddess in her changing body.

A woman who celebrates the accumulation of her years and her wisdom.

Who refuses to use her life-energy disguising the changes in her body and life.

Imagine a woman who values the women in her life.

A woman who sits in circles of women.

Who is reminded of the truth about herself when she forgets.

Imagine yourself as this woman.

"Imagine a Woman" © Patricia Lynn Reilly, 1995



REFRESH ...

Water is the essence of life and the greatest healing can be achieved over or near water. You are invited to travel with me to Fiji to experience paradise while healing the next layer of your life in a safe and energised environment.

The CARMY Retreat is an intimate affair with limited numbers in order that we may all find the time and space to heal that we wish to be healed.

10 steps to the beach, our own chef, a butler, horizon pool, wide open spacious living ... everything you need to be able to stay present in the healing space.

Our Location

We are one hour and twenty-five minutes from the International Airport in Nadi Fiji, a true little slice of paradise just to ourselves.

Accommodation

Our retreat can accommodate up to 8 on a share basis. Single supplements are available.

Cost includes

- Transfers from Nadi Airport
- Share accommodation with ensuite
- Full butler service daily
- All meals while at the retreat property
- Food intolerances catered for
- Retreat program
- Wi-Fi
- Snorkelling and kayaking



REJUVENATE ...

Monday 22 May

- Travel to Nadi Airport Fiji
- Transfer to accommodation
- Check in
- Change into your sarong
- Welcome cocktail and dinner

Tuesday 23 May

- Walk along the beach
- Breakfast
- Morning Retreat Session 9 - 12
- Lunch and rest
- Afternoon Retreat Session 2 - 5
- Cocktails in the horizon pool
- Dinner

Wednesday 24 May

- Walk along the beach
- Breakfast
- Morning Retreat Session 9 - 12
- Lunch and swim or rest
- Afternoon Retreat Session 2 - 5
- Beach Volleyball & Beers
- Dinner

Thursday 25 May - Day at own expense

- Free day to relax, book excursions,
Massage treatments, fishing trips,
Helicopter flights, horse riding

Friday 26 May

- Breakfast
- Morning Retreat Session 9 - 12
- Lunch and rest
- Afternoon Retreat Session 2 until late
- Break for dinner Dinner

Saturday 27 May - Head Home



RECALIBRATE ...

Why a CARMY Retreat?

Amanda's unique energy therapy and processes will wrap all participants in the most loving comforting embrace from the moment you arrive at the Villa to begin your return to centre. Her methods, approach and compassion dictate outcomes for all.

Women give so much of themselves away when they are living their everyday life. This retreat gives you permission to forget about everyone else, and just focus on you for five whole days.

No cooking, no cleaning, someone else bringing you drinks.

The friendships that will grow will amaze you. In all the years Amanda has been bringing people together, without fail, the match of personalities, journeys and aha's always, always helps participants know they aren't healing alone.

As always, with all CARMY work, no matter who takes part, no one will ever be affected by another person's journey. The choice of healing by water will also amplify your clarity, conscious choices and commitment to your personal healing.

Only seven spots available.



INVESTMENT

LAND CONTENT

5 Nights Accommodation
Transfers to and from Nadi Airport
All meals except Thursday 25 May
Welcome Cocktail

AU\$1475.00 (\$295 a day)

RETREAT CONTENT

Workbook and pens
Demarking prior to departure to help you prepare for the retreat.

AU\$375.00

COSTS YOU'LL NEED TO COVER

- Flights to Nadi International Airport
- All drink purchases throughout your stay
- Travel Insurance
- Free day meals, excursions
- Day Spa Treatments

WHAT YOU NEED TO BRING

- Suitable clothing and swimwear
- Photographic ID (Passport)
- Sunscreen, hat, sunglasses
- Fears to be released
- Credit Card and or
- Fiji Currency for free day

50% Deposit required at time of booking for land content. Remainder including Workshop fee will be payable by 22 March, 2017.

