



CARMY RETREAT

MAUI BAY : FIJI



SUNDAY 20 MAY TO
SUNDAY 27 MAY 2018

8 DAY GETAWAY

OPERATION

**RELAX
RELEASE
RECALIBRATE**

RELAX ...

RELEASE ...

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



RELAX ...

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, secure 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 approximately two hours from the International Airport in Nadi Fiji, on the coral coast of Fiji. A true little slice of paradise just to ourselves.

Accommodation

Our retreat can accommodate up to nine (9) on a multi-share basis. First in best rooms.

Cost includes

- Return 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
- Free Wi-Fi
- Snorkelling and kayaking



REJUVENATE ...

Sunday 20 May – Travel Day

Travel to Nadi Airport Fiji

Transfer to accommodation

Welcome drinks and dinner

Monday 21 May – Settle In : Get to know

Breakfast, Lunch and Dinner

Recalibrate Day

Tuesday 22 May – Day One Work

Breakfast, Lunch and Dinner

Morning Retreat Session 9 – 12

Afternoon Retreat Session 2 – 5

Dinner and quiet time

Wednesday 23 May – Day at own expense

Breakfast, Lunch and Dinner if at villa

Free day to relax, book excursions,

Helicopter flights, horse riding etc

Thursday 24 May – Day Two Work

Breakfast, Lunch and Dinner

Morning Retreat Session 9 – 12

Afternoon Retreat Session 2 until late

Friday 25 May – Day Three Work

Breakfast, Lunch and Dinner

Team building day

Massage afternoon

Saturday 26 May – Free Day

Breakfast, Lunch and Dinner if at the villa

Day by the pool

Farewell feast and fire dancing

Sunday 27 May – Travel Day

Head back to Nadi or onto your

Next Fiji adventure



*Itinerary subject to change without notice because of local weather conditions and local events



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 seven 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 eight spots available each year.



INVESTMENT

LAND CONTENT

7 Nights Accommodation
Transfers to and from Nadi Airport*
All meals except those away from venue
Welcome Cocktail
Traditional Lovo Feast & Fire Ceremony

RETREAT CONTENT

As per the itinerary above
Goodies bag with all essentials to do the work while we are in Fiji

COSTS YOU'LL NEED TO COVER

- Flights to Nadi International Airport
- All drink purchases throughout your stay
- Travel Insurance
- Free day meals, excursions
- Tips for guides and villa staff
- Day Spa Treatments

WHAT IS ESSENTIAL TO BRING TO FIJI

- Suitable clothing and swimwear
- Photographic ID (Passport)
- Sunscreen, hat, sunglasses
- Reef Shoes for beach time
- Old walking shoes for rainforest trek
- Fears to be released
- Credit Card (3.5% surcharge applicable)
- Fiji Currency for free day excursions

AU\$ 2225.00 (Land Content)

Payment plans available.

**Single supplement AU\$4000 only two available*

**CLICK [HERE](#) TO PAY
YOUR DEPOSIT AND
SECURE YOUR VISIT TO
PARADISE TODAY!**



*FAQ's

- All rooms are share rooms.
- Single supplements will be limited to two only and are available for AU\$4000.
- One of the share rooms is a King Bed, so travelling with a relative or friend is recommended if you have an issue with sharing with a stranger.
- All participants must travel to the Villa together either Ex-Brisbane or be in Nadi to meet the group at International arrivals to travel to the Villa together. This is not negotiable as it effects the itinerary and the energy of the group.
- Food intolerances will be addressed but not guaranteed. You may bring your own supplies to add to any meals should parts of the meal not be suitable. **Not suitable for Coeliacs.**
- The retreat is not suitable for people with significant or large quantities of food intolerances. Please enquire if you are unsure.
- There will be no alcohol served on the days of the retreat sessions. Daily limits apply.
- You may purchase your own alcohol in duty free and bring it with you to the Villa.
- Tipping is part of the culture for tourists in Fiji. It is a good plan to bring small denomination notes with you to cover thank you tips for guides and staff.
- Money donations for the village pre-school that we visit and clothes for small children is highly recommended.
- Bug spray for midges is a good idea for after the sun goes down.
- There are washing facilities if you require.
- Reef walking shoes are essential.
- All costs required to be met before we arrive in Fiji are in Australian Dollars. All costs when there will be in Fiji Dollars.
- Prepare to bring a sisterhood into your life that you've never experienced
- All issues are left behind in Fiji. It can handle it.

