



# *My Metamorphosis*

A SELF-HEALING RETREAT

4 DAYS, 3 NIGHTS  
GYMPIE, QLD



# WELCOME TO MY METAMORPHOSIS SELF-HEALING RETREAT

*Your health & happiness is not found from the world outside.  
It all starts within, and you hold the power.  
Make it your responsibility to make a change in your life.*



This retreat is an opportunity for inner healing and to transform the mental mind.

It allows you to have a healthy holiday, surrounded by abundant nature, in an inspiring & uplifting environment.

This break provides activities that allow you to experience the inner self-healing process.....

**Rest & release** - through sound baths & saunas

**Relax & reflect** - through nature & journaling

**Reset & refresh** - through nourishing food

**Rejoice & rejuvenate** - with new friends & time for you to bring your body and mind into harmony

If you are looking to make changes to:

**Your autopilot mind and automatic behaviour**

**Your thoughts**

**Your life**

**Your whole being**

and metamorphosis into the best version for yourself, then join us for motivation, inspiration and inner wisdom to fuel your healing journey.

*Awaken Your Inner Healing.  
Come on a journey to rediscover  
yourself and find your Inner Sanctuary.*



## *Intentions*

To be guided through self-realisation to make your impossible possible.

To be held in a safe and trusted community for personal transformation

Learn self-help tools for your self-healing

To be empowered to make better choices for your wellbeing

# ITINERARY

# Thursday

## *Self-Centered*

*As we start our journey, we witness the parts of us we wish to transmute*

- |        |  |
|--------|--|
| 3pm    | Check in, settle in, and explore the surroundings. |
| 5pm    | Welcome & Opening Water Ceremony.                  |
| 6.30pm | Dinner<br>"Intentions"                             |
| 8pm    | Group introductions<br>Relaxing Sound Bath         |

*We humans have lost the wisdom of  
genuinely resting and relaxing*

*We worry too much*

*We do not allow our bodies to heal*

*And we do not allow our minds and  
hearts to heal*

**THICH NHAT HANH**



# Friday

## Self-Worth

*We discover and release what is keeping us stuck so we can stretch our wings*

- 6am Sunrise yoga and meditation to unlock your true self
- 8am Breakfast
- 10am **Understanding the Root Cause**  
Learn to identify the hidden problems that hold you back and acknowledge them. Address the cause and find a solution.
- 1pm Lunch
- 2pm Free Time & Massages
- 5pm **Emotional Release**  
Allow energetic and emotional blockages to release from your being in this deeply guided process to clear your body and soul.
- 6.30pm Dinner
- 8pm Letting Go Sound Journey

# Saturday

## Self-Love

*Recognise our gifts and embody practices  
to strengthen and shine*

6am Sunrise yoga and meditation to awaken your inner energy

8am Breakfast

10am **Embody Your Best Self & Cacao Ceremony**  
unlocking your magnificence and embodying your Best Self. Claim back your self-esteem, assurance, and a newfound sense of joy.

1pm Lunch

2pm Free Time & Massages

5pm **Self-Love Tools Goal Setting for Success**  
Discover practical hands on tools and create your personal self-love goal to develop a healthy routine.

6.30pm Dinner

8pm Fire Ceremony

*“You know you want to change  
You do not know what to change  
or what the change will look like  
All you know is something  
has to change”*





# Sunday

## Self-Realisation

Embrace who we are and share this with  
our world

6am Sunrise yoga and  
meditation to tap into inner  
peace & joy

8am Breakfast

9.30am Closing Ceremony  
Reflections, shares, and  
take home gifts

12pm Check Out  
Your Metamorphosis is  
Complete

*Spread Your Wings And Fly*



## WHAT YOU WILL LEAVE WITH AFTER ATTENDING MY METAMORPHOSIS, A SELF - HEALING RETREAT

You will have embarked on a journey of holistic healing and discovered the power within you that has unlocked your own self-healing.

You will have learnt different hands on practical tools and techniques empowering your whole being to heal itself.

Immersed yourself in the wisdom of Buddhist philosophy

Plentiful time to be with yourself to disconnect from your hectic life and reconnect within you.

Savoured delicious healthy vegetarian, high vibrational food.

Developed personal goals for self-healing

Learnt to appreciate your body, your mind and your soul.

Made solid, long-lasting new friendships in a welcoming and supportive group.

Leaving with a clear mind, excited to launch your new life, and step into a new you who feels happier and healthier and enjoys life more.



# Meet Your Hosts



## Suni - SUNI Wellness

- Suni is a dedicated yoga teacher with over 20 years of personal practice and four years of teaching experience. Her journey towards yoga began with a passion for health and well-being, transitioning from sports like basketball and aerobic dance to a profound love for yoga and meditation, which she discovered in Thailand two decades ago.
- Since then, Suni has made it her mission to inspire and support others on their own wellness journeys. She combines elements of Hatha, Vinyasa, and Kundalini yoga styles in her classes, integrating breathwork, movement, mudras, chanting, and meditation, as well as Buddhist philosophy.
- Suni's teaching style is deeply rooted in her own experiences and emphasizes love, compassion, and personal growth. Through her classes, she aims to help students achieve physical, emotional, and mental balance, fostering a sense of energy, happiness, peace, and love.

## Becky - Soul Significance

- Becky English is a seasoned guide, healer, and speaker, revered in the realm of spiritual well-being. Drawing from a wealth of personal and professional experiences, she serves as a guiding light for those seeking clarity, purpose, and transformative healing.
- Facilitating the journey towards heightened consciousness, Becky assists individuals in transcending egoic constraints to embrace a 4th-dimensional reality. She employs modalities such as multidimensional healing, Neuro-Linguistic Programming, hypnosis, and sound to enable profound insights and connections with higher realms.
- Trained under esteemed spiritual mentors globally, Becky is deeply engaged in corporate wellness initiatives and contributes to various organizations. With her nurturing presence and unwavering commitment to uplifting others, she creates a space for profound self-discovery and transformation.

# Our in-house Chef



## SUSTAINABLY NOURISHING

Savor the flavors of wholesome goodness with our culinary creations crafted from the heart. Each dish is a masterpiece, prepared with care from scratch, using only the freshest, in-season organic produce sourced sustainably.

Indulge in a feast for the senses, where vibrant colors and tantalizing aromas dance on your palate. From our beautifully dressed salads to our aromatic almond meal herb breads, and from deep, rich warming curries to hearty casseroles and stews, every bite is a celebration of nourishment and taste.

Join us on a culinary journey where every meal is a symphony of flavor, freshness, and sustainability.



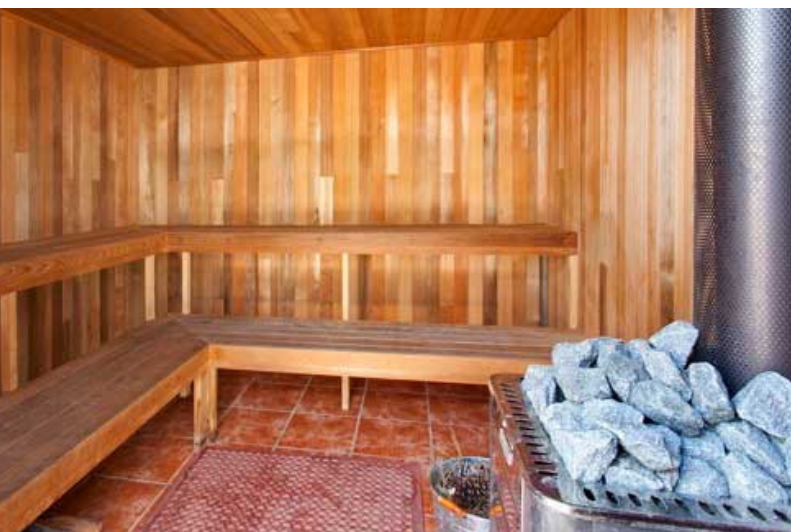
# Inclusions



- 🦋 3 Nights accommodation at Tivoli Rereat
- 🦋 Nourishing, vegetarian meals
- 🦋 Wood Fired Sauna
- 🦋 Cold Plunge Pool

- 🦋 Deep Change Work
- 🦋 Emotional Clearings
- 🦋 Daily Yoga
- 🦋 Sound Bath

- 🦋 Cacao, Water, Tea & Fire Ceremonies
- 🦋 Pendulums & Oracle Cards



# Exclusions

- 🦋 Massages
- 🦋 Travel & transfers

# Investment

**3 Nights 4 Day Retreat**

**Quad Room - \$1,550**

**Triple Room - \$1,750**

**Twin Share (King Bed) - \$1,950**

**Schedule a FREE call with Suni or Becky to ask your questions,  
find out more, and see if this is the right retreat for you**

**BOOK YOUR DISCOVERY CALL NOW**





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