



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

Relax & reflect

Reset & refresh

Rejoice & rejuvenate

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*

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

A person is shown in a meditative pose, with their hands held in a mudra (a gesture of prayer or spiritual practice). The background is a soft, warm, golden light, suggesting a sunrise or sunset. The text is overlaid on the image in a brown, cursive font.

*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*

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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

*“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”*



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 have a power within
to have a choice
to choose the right
direction*



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 Papao - SUNI Wellness

Suni is a dedicated yoga teacher with over 20 years of personal practice and four years of teaching experience. Her journey began with a passion for health and well-being, leading her 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 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 English - Soul Significance

Becky English, a seasoned guide, healer, and speaker, is a revered figure 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. Becky facilitates the journey towards a heightened consciousness, assisting individuals in transcending egoic constraints to embrace a 4th-dimensional reality. Employing modalities such as multidimensional healing, Neuro-Linguistic Programming, hypnosis and sound, she enables profound insights and connections with higher realms and empowers others to unlock their innate wisdom and embrace their full potential. Trained under esteemed spiritual mentors globally, she is deeply engaged in corporate wellness initiatives and contributes to various organizations. With her nurturing presence and unwavering commitment to uplifting others, Becky 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
All nourishing, vegetarian chef prepared 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

4 Bedroom Share - \$1,550

3 Bedroom Share - \$1,750

2 Bedroom (King Bed) Share - \$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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