

TARRALEAH

What's on at Tarraleah

'Wellbeing Week-end Retreat' with Narelle Byatt & Geraldine Doyle

Saturday 10th to Sunday 11th December 2011

Saturday 7th to Sunday 8th January 2012

Saturday 25th to Sunday 26th February 2012

This amazing week-end is all about you! Narelle, Geraldine and the Tarraleah team will take you on a memorable journey from the moment you arrive. Reinvent your recipe for living with Narelle's Lifestyle Management session, improve your diet with Geraldine's Nutrition and Juicing sessions, nourish your face and hands with organic skin care and pamper yourself in the luxury Lodge with en-suite spa. Invigorate, with guided wildlife and waterfall walks, recharge with a brisk morning walk, cruise the Estate with a bicycle ride. Improve your flexibility, strength, inner harmony and mental alertness with Yoga, Meditation, Tai Chi and green tea! Discover Self Massage, release tense muscles and alleviate common ailments with Acupressure and Shiatsu workshops. Learn practical stress busters, relaxation techniques and easy energisers. Relax in the cliff-top spa and sauna, uplift in the gym, delight in delicious nutritious cuisine. Gain renewed focus and greater energy. This is not boot camp, this is wellbeing - all activities are optional! This retreat is a must for anyone desiring a healthier state of being, or simply needing 'me' time.

Level of Experience :

No matter what your level of fitness, flexibility or health, you will be in professional, caring hands and will benefit from this nurturing and motivating retreat.

Cost : \$445 per person all inclusive

or \$790 per couple all inclusive plus optional private sessions available @ \$80 per session – see Host profiles for details of private sessions

Inclusions :

This is a fully-inclusive week-end, staying in your own king room with spa, in the luxurious Lodge at Tarraleah. Your two days includes all group sessions & workshops (see Itinerary for details), inspirational indoor venues and outdoor settings, cliff-top spa, sauna & gym, herbal teas & fresh juice, organic cream samples, 1-night luxury Lodge accommodation, Lodge buffet breakfast, lunches in Teez Cafe, afternoon tea, 3-course dinner in the Highlander Arms, option to ride a bicycle and partake in up to four guided walks. Couples participating in this retreat share a Lodge king spa room (one king bed or twin king singles).

Maximum People : 12

Book your place now!

Go online - www.tarraleah.com

or phone Tarraleah - (03) 6289 0111

immerse yourself in Tasmania's highlands

