

BEYOND THE WIDOW RETREAT

15 - 18 AUGUST, 2024

www.suzannegomes.com.au



INCLUSIONS

- Arrive on
- 4 days, 3 nights twin share at Obi Obi Homestead
- All meals from arrival to departure
- All drinks provided, including beer and wine.
- Daily activities
- A personalised gift pack.
- Nightly cacao sessions around the campfire
- Transport to and from Coolabine Retreat on day 2.
- Post retreat, personalised 1:1 session with Suzanne
- Connection via the Voxer app for 1 month post retreat

ACTIVITIES

- Equine Connection - activity undertaken at Suzanne's property, with her trained horses. The activity focuses on fear and connection
- Yoga
- Journaling
- Emotional Alchemy Session - letting go
- Personal Possession Sharing
- Breath Work
- Meditation
- Creative Arts
- Massage - at an additional cost to you

BENEFITS

1. Community

Providing a safe space for the widowed to connect and share their stories and experiences.

2. Nurturing and Nourishment

Providing a source of physical, emotional and mental tools to assist the widowed to be able to open their heart space and deal with challenges.

3. Purpose

Our activities will support the widowed to find purpose in their lives. To be able to explore new ways of dealing with loneliness and feel worthy again.

PRICE

\$3,495

- If you pay in full before the 1st July, you will receive 10% off.
- Payment plans are available.
- All monies to be paid in full before you attend the retreat.
- T&C's apply when booking

NEXT STEPS

- Book at 15min call with Suzanne to discuss the retreat.
- If you sign up before the 1st August, you will receive a 1 hour mentoring session.



OBI OBI HOMESTEAD

Unwind & discover the natural beauty, peace & calm of Obi Obi Homestead in the Sunshine Coast Hinterland. Set on 250 acres, bordering Obi Obi Creek & natural forest.