

Are you ready to *re-treat*?



*...and discover a
different way of being.*

*A*s women we need to 're-treat' - not only once a year in a hinterland hideaway, but on a daily basis.

My retreat concept combines the two, providing you with a mini escape in the beautiful Byron Bay as well as offering ideas and techniques that can travel home with you.

We also lead very busy lives that give us little time to discover who we really are and what we need to stay well.

These retreats are designed to give you the time and space to re-connect with yourself and your own inner wisdom.

In order to heal from a chronic illness, I re-treated from city life to the magical and mystical Northern Rivers region. Using my own healing process as a foundation, I've created four distinct retreat concepts based around some of the major challenges of women today.

Hope to have you join me on one soon.

With love,

Sharon.



Feed me

Are you perpetually asking over and over again, 'What should I eat?' Do you struggle with the myriad of opinions on what is 'good' and 'bad' food? Would you essentially just *love* to know how to tap into your own inner food wisdom?

If so, then this retreat is for you. You'll discover what to eat for your body type, how to prepare the food and how to adapt your food choices according to your own internal weather and the surrounding external weather. In a region known for its local produce and gastronomical delights, you'll also get to experience first-hand what real food tastes, looks and smells like.

3 night stay inclusive of:

- Accommodation at a picturesque guest house situated on 100 acres of forest just outside of town
- A comprehensive guide to the best (and most nutritious) eateries in town
- Consultation with a Traditional Chinese Medicine practitioner to discover your personal constitution and current challenges
- One-on-one interactive session with a local chef - an opportunity to ask all of your niggling questions about food preparation and cooking
- Two individualised sessions on learning how to re-discover your own inner voice in the food world and how to align your food choices with the seasons and your stage of life
- Optional: shopping tour



Ground me

Are you the type of woman who lives in her head: thinking, analysing, strategising, planning, ruminating? These days we spend so much time in our minds and with technology that we could be forgiven for forgetting that we actually have a body!

This retreat is a chance for you to leave behind your everyday demands and just BE in the tranquility and magnificence of nature. It's about getting out of your mind and back in touch with your body and your senses.

Whether it be listening to the dawn bird calls, tasting exquisite foods, indulging in face and body treatments, bathing in the scents of essential oils and flower essences or feeling your bare feet on the earth and sand, every activity will enliven your sensory awareness and bring you deep into the calm of the present moment. And the best part, it'll all be organised for you!

3 night stay inclusive of:

- Accommodation at a picturesque guest house situated on 100 acres of forest just outside of town
- A comprehensive guide to the best (and most nutritious) eateries in town
- 1.5 hour Lomi Lomi Hawaiian full-body massage and scrub
- 1 hour classic nutritional facial with foot scrub and massage (chemical free products used)
- Two individualised sessions on exploring the ways to enhance your sensory experience of life and how to re-connect your body and mind on a daily basis
- A personalised pack of sensory goodies/tips to use on your visit and take home
- A list of walks and nature spots to visit
- Optional: one-on-one meditation class and/or meditative gardening session

Nourish me

Do you know what truly nourishes you? Do you recognise the things that give you sustenance, rather than empty your tank? In today's world we're often reaching for things that give us 'hits' of fuel, when really they're depleting us at a deeper level, and eventually, we crash.

This retreat is designed to help you find exactly what it is that nourishes your body and soul. You can see it as a 'tasting week' of a number of experiences: a wonderful opportunity to find out what works for you. I'll also share with you my approach to living in a way that is more in tune with the nature around us and our own true nature.

5 night stay inclusive of:

- Accommodation at a picturesque guest house situated on 100 acres of forest just outside of town
- A comprehensive guide to the best (and most nutritious) eateries in town
- Gentle, non-invasive cranial sacral session to relax your nervous system
- Consultation with a Traditional Chinese Medicine practitioner to discover your personal constitution and current challenges
- Your choice of 1.5 hour Lomi-Lomi Hawaiian full-body massage or ultimate deluxe facial
- Personalised Qigong or yoga class
- Daily lifestyle sessions exploring different aspects of nourishment
- A suggested daily program to follow to assist you in aligning with nature's rhythms
- A list of walks and nature spots to visit
- Optional: one-on-one meditation class and/or interactive session with chef

Balance me

Do you need a bit of everything? Or are you so busy or unwell that you aren't even sure what you need or want? Maybe you're feeling like you've lost your centre and are just swaying with the wind?

Perhaps all you need is a little helping hand to get you back on track. This is the ultimate of indulgences: a retreat designed just for you!

I'll ask you a series of questions and together we'll create a personalised retreat that will help to bring you back to you. The limit is our joint imaginations... only criteria is a minimum 5 night stay.



All retreats are an Internet and social media free zone.

Additional:

- Price on application (mid-range and luxury accommodation options)
- Twin share or group bookings available for 'Feed me' and 'Ground me' packages
- Add-on nights, treatments and activities (including car-hire) available for all packages

For further information email me at info@sharonsztar.com
To learn more about me, my background and philosophy, please visit: www.sharonsztar.com

Disclaimer: None of these retreats are a replacement for traditional medical advice. If you're under medical supervision, it's recommended you consult with your doctor first.