



THE JOURNEY RETREAT

BY JAKE LORETO

A guided immersion focused on deep emotional processing, nervous system regulation, and lasting internal change.

This retreat is designed for those ready to move beyond surface level wellbeing work and engage in meaningful inner transformation within a structured and professionally held environment.



June 21 to June 26
Denmark, Western Australia
5 Nights | 6 Days | All Inclusive



WHAT THIS RETREAT IS

Deep emotional processing for lasting internal change.

The Journey Retreat is an intensive six day experience centred on emotional processing through breathwork and body based practices.

Rather than escaping life, this retreat creates the conditions to work directly with what is stored beneath the surface. Through guided trauma release breathwork, emotional processing activities, and somatic practices, participants are supported to access, process, and integrate unresolved emotional patterns held within the nervous system.

The work is structured, intentional, and carefully facilitated to support depth while maintaining emotional safety.

Practices include:

Transformative Meditations (active and still)
Emotional Processing Activities (EPAs)
Daily Trauma Release Breathwork
Workbook and self reflective journaling
Infrared sauna and cold plunge
Nature based integration sessions
Soundscape journey

Additional elements of the retreat are introduced throughout the experience. This is intentional, allowing participants to experience each stage directly rather than preparing mentally for it, which helps the work land more honestly and effectively.

ACCOMODATION & RETREAT ENVIRONMENT

The Journey Retreat takes place within a carefully selected setting in Denmark, WA, chosen to support both deep inner work and comfortable integration throughout the week.

Participants stay in modern twin or king bedrooms with access to spacious shared living areas, nature-facing outdoor spaces, and wellness facilities including an infrared sauna, cold plunge, and outdoor garden shower.

A private, dedicated workshop space provides a contained and professionally held environment for breathwork sessions, emotional processing, and group practices. This separation between living and practice spaces allows participants to fully engage in the work while having space to rest, reflect, and integrate between sessions.

The environment is designed to feel grounded, supportive, and intentional, allowing your focus to remain on the internal process.





NOURISHMENT

Food is an integral part of The Journey Retreat and a foundational element of the overall experience.

Meals are thoughtfully designed to support nervous system regulation, sustained energy, and emotional processing throughout the week. We serve a wholefood, nutrient-dense menu centred around high-quality, locally sourced ingredients, with organic and seasonal produce used wherever possible.

Each meal is prepared fresh and with care, offering balanced, deeply nourishing food that supports the body during periods of inner work. Shared meals form an important part of the retreat rhythm, creating space for connection, grounding, and integration between sessions.

Dietary requirements and special needs can be accommodated with advance notice.

WHY THIS WORK MATTERS

Emotional experiences that are not fully processed remain active within the nervous system. Over time this can appear as stress, disconnection, reactivity, fatigue, or a persistent sense of being stuck. This retreat focuses on working at the level where lasting change occurs.

Participants are supported to:

Regulate and stabilise the nervous system

Process stored emotional tension

Increase emotional capacity and resilience

Reconnect with authentic internal signals

Restore vitality and mental clarity

Develop habits aligned with natural rhythms and sustainable wellbeing

The intention is not temporary relief but measurable internal shift that continues beyond the retreat environment.



RETREAT DETAILS

Location: Denmark, Western Australia

Dates: June 21 to June 26

Duration: 5 Nights / 6 Days

Investment: \$2550 AUD

All inclusive accommodation, meals & activities

FACILITATION

JAKE LORETO

Qualified Breathwork and Trauma Release
Facilitator | Kinesiologist | Bowen Therapist

Jake's work integrates breathwork, somatic therapy, and nervous system understanding to support deep emotional processing in a grounded and professionally held space. His facilitation emphasises safety, clarity, and sustainable transformation, working in alignment with the body's natural rhythms.

BOOKINGS & ENQUIRIES

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WHAT OTHER PARTICIPANTS SAY:

My experience at the retreat was truly amazing. From the accommodation and facilities to the delicious food prepared by Hannah and the peaceful location, everything was top notch. What truly stood out, however, was the care and guidance Jake provided during the breathwork sessions. His warm and heartfelt approach made all the difference and helped me feel at ease and loved throughout the entire process. As someone who is usually skeptical of these kinds of experiences, I can confidently say this retreat is the first thing I've tried that I genuinely believe has had a very positive effect on me and has put me on the right track. I will be back.

–RICHARD

“This retreat was the most profound, meaningful experience I've had the pleasure of being a part of. Jake gently guided the group through a journey of seemingly difficult, but ultimately life altering meditations and breathwork sessions. I have never felt so held in a space, and am now feeling more connected to myself than I ever have in my 40 years on this planet!

I certainly won't be a stranger to this work or The Breath Movement events.

Oh, and the food was beyond my wildest dreams! Hannah was so warm, welcoming and incredibly talented. 10/10”

–CHRISTIE

“Jake and Hannah have truly changed my life. If you've experienced trauma, feel lost, struggle with anxiety, or feel like the joy you once had in life has disappeared, I cannot recommend this retreat enough. It has the power to reconnect you with yourself in ways I never thought possible.”

–TIMO

“The most life changing four days. Never could I have expected to experience what I did nor the depth in which I felt it. Jake and Hannah provided a space of such safety and warmth that just allowed you to instantly soften and be open. I don’t think I have ever felt so respected, loved and supported as I did on this retreat.

Trusting Jake and pushing through my “I absolutely do not want to do that” moments led to some of the most powerful moments of my life.

Experiences, feelings and friends that I will carry with me forever!”

-TILLY

“This retreat was a big step on my journey.

I’ve noticed many benefits: before attending, I was struggling with some mild addictions—but since leaving, I’ve felt far less urge to return to them.

I’m more aware, calmer, more focused, and lighter in spirit. I find it easier to make better decisions and feel more sensitive to others, thanks to the clarity I’ve gained. A great deal of mental baggage I hadn’t even recognized has been lifted—unconscious burdens I’d carried for so long, I’d forgotten what it felt like to be free of them.

What stood out was the simplicity and clarity of the approach. Jake didn’t push any dogma or rigid beliefs—just a straightforward, simple technique and his own grounded interpretation. We were free to go as deep or as gently as we needed. I felt safe, especially after Jake openly shared his own difficult experiences and what we might encounter during a session—which was reassuring.

Hannah’s thoughtful touches throughout reflected her deep care and passion for creating a warm, supportive environment. Jake’s presence and intuition showed a quiet strength and sensitivity that felt perfectly attuned to the group’s needs. The food was also genuinely excellent—nourishing, delicious, and clearly prepared with love.

I’m deeply grateful for this experience—it gave me a real glimpse of what inner peace feels like again.”

-LUCAS



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