

2-Day Women's Retreat



Waitoki, NZ



OUR RETREAT INTENTION

We guide women to reconnect with their truth, trust their inner wisdom, and consciously create a life aligned with who they truly are.



What You'll Experience

At Heart n Soul Women's Retreat, we offer a powerful, immersive experience designed for women ready to reconnect with themselves, trust their inner wisdom, and create meaningful change from within.

Set amidst the beauty of nature, our retreat blends practical workshops, somatic embodiment, quiet reflection, and genuine connection. Together, these experiences support you to shift your perspective and consciously create lasting transformation.





Day 1

Arrive and Unwind

Welcome to a weekend of gentle luxury. After settling into your cosy room, join our **Welcome Circle** to set a calm intention for the retreat ahead.

Welcome Circle

Experience **Blue Lotus tea**, before being gently guided into your first Embodiment Movement session, where breath, sound, and movement intertwine. Discover the rhythm of the heartbeat journey as you settle into your retreat.



Heart Space

Lunch

Head to Heart Workshop

In our "**Head to Heart**" workshop, you'll become aware of limiting beliefs that may be holding you back. You'll leave with two practical processes to support continued awareness, self-trust, and conscious transformation.

Dinner

Sound Wave Journey

Relax into the gentle vibrations of a transformative sound wave journey. Designed to support the integration of the day's insights, this immersive experience creates space to quiet the mind, settle the body, and reconnect with your inner wisdom.





Day 2 Deepen your Inner Wisdom

Intuition Workshop

Discover how to quiet the mind and strengthen your connection with your inner wisdom. Through practical processes and guided exercises, you'll deepen your trust in your intuition and leave with practical tools to support everyday decision-making.

90-Minute Somatic Embodiment Process

Experience a guided somatic process using breath, music, and mindful movement to support the integration of the morning's workshop. This immersive session creates space to embody greater trust, clarity, and connection.





Day 3 Reflect & Return Home

Breakfast

Enjoy one final nourishing breakfast before coming together for your closing session.

15-Minute Somatic

Integration

Guided Completion Circle

Reflect on your journey, integrate your insights, and leave feeling grounded and connected.

Departure: 11:00 am



What's Included

Two nights accommodation with flexible arrival and departures.

All meals are included, catering for all dietary requirements.

Take home 5-minute practice to support your continued transformation.

Bonus: One personalised 1:1 integration session with Samala

Throughout your retreat, you'll enjoy

Nature Walks and reflective silence | Spa relaxation | Pool and sauna access
| Community support | Embodied movement sessions | **Transformational workshops and group circles** | A special gift to remember your retreat.



Your Retreat Investment

Choose Your Sanctuary

Shared Accommodation

- Shared Luxe Barn (Upstairs)
- Semi-Private - Luxe Barn (Upstairs)
- \$1,100
- \$300 Deposit

Private Accommodation

- Private Room – Luxe Barn
- Private Cabin – Off Grid - Solar Power
- \$1, 200
- \$300 Deposit

All meals included. Dietary requirements catered for.



Flexible payment plans available.

[Book your Discovery Call](#)

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www.heartnsoulretreats.co.nz