



NATURES MEDICINE SPRING RETREAT

SEP 20 - 22, 2024



Trauma Sensitive
Wellbeing
Murrah Dream



A Spring Coastal Wellbeing Retreat

This 2-day retreat invites you to hear nature's call to slow down, reconnect to the earth and your Self.

Your retreat facilitator Yoga Therapist, Kendra Boone will be guiding you through the weekend, so you'll come away feeling centred, refreshed and ready to respond to nature's call.

Inclusions

- 2 nights' accommodation at the relaxed and comfortable Murrah Dream Retreat, commencing Friday September 20th at 3pm to Sunday 22nd at 3pm.
- Choice of luxury twin Glamping Domes or shared rooms in the retreat home.
- All meals - delicious in house organic, gluten and dairy free, vegetarian breakfast, lunch, dinner, & afternoon tea, catered by Amanda from [Wild Earth Collective](#).
- 2 optional trauma sensitive yoga classes per day, catered to all levels, including daily iRest Yoga Nidra meditation.

• [Wayapa Wuurrk](#), Welcome to Yuin Country and Yarn Circle with Kamiliroi woman Michelle Heaton

- Saturday Journey in the exceptional Sound Dome by Heartsound, partnership of husband-and-wife musical duo, [Vanessa Forbes](#) and Steven Mazabow.
- Opportunity to practice Mouna – a period where you are in quiet non-speaking (after dinner to end of breakfast). Please let Kendra know if you decide to practice Mouna so accommodation can be planned.
- Relax & swim in the freshwater fresh ionized water infinity pool, share stories around the fire pit, meditate by the lilypond dam, or nature bathe in the grassy bush path to Bunga Lagoon and secluded Bunga beach.
- Welcome pack of goodies
- Loads of free time to do what feels good for you.

Murrah Dream Retreat accommodation

Murrah Dream Retreat is set on 25 acres of pristine bush on the Sapphire coast 3 hours south of Canberra, and 6 hours south of Sydney. Only 15 minutes from the village of Bermagui, Murrah Dream Retreat is a peaceful haven away from the hustle of everyday life.

Accommodation is relaxed and comfortable but the land upon which Murrah Dream resides is unquestionably the highlight. In the distance, Gulaga Mountain (the sacred women's mountain) gazes upon us. The healing energy emanating from the land that holds space for rejuvenation, inspiration, meditation, connection to nature and self.

Investment includes GST

Includes 2 nights share accommodation, outdoor and indoor bathrooms, and showers.

Early bird before Feb 1.

Luxury Twin Bed Glamping Dome \$1163 early bird \$1112 (outside shower with composting toilet) Private Dome \$1355

Guest Home Twin \$1135 Early bird \$1085

Guest Home Quad \$1080 Early bird \$1030

Guest Home Triplet \$1099 Early bird \$1049

Payment Plans available - 4 instalments of \$291 for Glamping Dome, \$284 for Guest Home Twin, Triple \$275, Quad \$270.

Book early as numbers are strictly limited to 20

Full payment is due by: July 20, 2024



GLAMPING DOMES





HOUSE





Meet your retreat leader Kendra Boone.

As a Trauma Sensitive Yoga Therapist, I offer retreats as a way of immersing ourselves in the 'inner calling and connection' quite often left behind in the busyness of the world. I invite you to let go of your everyday rhythms, to receive, renew your connection to mother nature and be nurtured in the peaceful haven of the Murrah Dream Retreat.



Meet your retreat caterer Amanda from Wild Earth Collective

Wild Earth Kitchen is proud to support locally grown organic farmers. Eating organic, seasonal, locally grown foods is good for our bodies and for the environment. And it tastes better!

Amanda believes that conservation is not only important for the earth and our community but can lead to some amazing eating experiences.



Meet your Wayapa Wuurruk practitioner Michelle Heaton. What is Wayapa Wuurrk?

Wayapa Wuurrk Translates to "Connect to the Earth" in the languages of the Mara People from South West Victoria and Gunaikurnai People from Gippsland Victoria. Created by Jamie Marlow Thomas and Sara Jones 2014. Michele Heaton is a proud Gamilaraay Woman. Living on Yuin country for the past 25 years. Wayapa is a way of Life, together we will share the 14 Elements in a practice, and learn the ways of Integrating this Ancient Wisdom of this Land we all share. So we may all become Reconnected again with Mother Nature.

How to book.

Please fill in the [RETREAT APPLICATION FORM](#) Payment choices.

To book your place on the retreat, an instalment or full payment needs to be received upon booking. The remaining amount must be paid by two months prior to the start date of the retreat, or the place may be forfeited, in which case refund policies apply as below. You can choose to pay your instalments how you like.

Feel free to email Kendra: restore@kendrahealingarts.com with any questions

Payment Transfer Direct Debit – Kendra Boone BSB 313-140 Act no. 124-280-98 Please email confirmation of payment: restore@kendrahealingarts.com

Safety Policy

Your health and safety during the retreat are our top priority, so:

- If feeling unwell a few days prior to the retreat, please get in touch with Kendra
- Please bring along a cover for your bolster and your own beach towel.
- There is always a risk being in a natural environment with uneven ground and with an abundance of wildlife. There are also unfenced waterways on the property. Murrah Dream Retreat and Kendra Boone, are not liable for any injury suffered by participants on the retreat.

Water, usage & septic

The water used in the houses at Murrah Dream Retreat is rainwater. As we are reliant on tank water, we ask that you are mindful of your water usage. As we use a septic system only human waste and toilet paper to be flushed and all sanitary products must be disposed in the bathroom bins provide

Behaviour & Noise Policy

This is a retreat space and therefore do not tolerate parties with drugs and alcohol. After 10:00 pm please respect other people may be sleeping or resting and keep noise to a minimum.

Cancellation and Refund Policy

Murrah Dream Retreats - no refund will be given unless a replacement participant is found.

Disruption due to unforeseen circumstances - In the event the retreat is disrupted by unforeseen circumstances, you will receive a full refund, minus 10% admin fee.

Fees paid can be transferable to family and friends but not transferable to other course of offerings.

Wait list deposit

To be on the waitlist, a \$50 deposit will be requested and refunded to you if you are not offered a place if someone cancels. Retreat places may be offered right up to the retreat start, and you will need to be ready to arrive at short notice. The \$50 is not refunded if you do not take the place offered.



Spring Program MENU

The program will vary according to the weather patterns and the vibe of the day.

You are free to choose what rhythms suit you! Please note that trauma sensitive Yoga, recognizes that you are the expert of your body and experiences. You'll be invited to explore the freedom to make choices as a foundation of your practice, develop interoception - an experience of a 'felt sense' and feel more empowered as you practice choosing what feels right for your body at any moment.

Friday

3pm - Arrival from 3pm

4pm – Welcome circle with Kendra

4.30 – Welcome to Country and Wayapa Wuurrk practice with Michelle

6pm - Dinner

7.30 - iRest Yoga Nidra with Kendra in the Sound Dome

Saturday

6.30am – Trauma Sensitive Yoga with Kendra in the Dome

7.30am – Meditation at the Lily Pond

9am - Breakfast

10.30 – Yarn Circle on the lawn

1pm - Lunch

2.30pm - iRest Yoga Nidra with Kendra in the Dome

4pm – Afternoon tea

Open space to BE or 5pm Sound Bath in the Sound Dome with Vanessa and Steven

6.30 - Dinner

Sunday

6.30am - Yoga at the beach and 60 min return walk to Lagoon for a swim

9am breakfast

Open space to BE IN NATURE

12pm lunch

1.30pm closing yarn and circle

3pm Retreat closes

Answers to some questions you may have.

Do I have to join in all the activities?

No, everything is invitational and optional. For example, you may skip the morning Yoga and go for a simple walk or even sleep in with a book and turn up for breakfast. This is your retreat, and you are free to create your own rhythms.

I get up during the night to pee and am afraid to wake the others up. Can I have my own room?

The retreat accommodation offers twin and triple share rooms with separate toilets. It is a normal activity to get woken up during the night by another person, but with consideration, we can empathize and go back to sleep. I suggest bringing a set of earplugs as a helpful option. You may also book the room or dome for yourself for the additional cost.

Can I pay a deposit now and pay the rest later?

Yes, you need to secure your place with a deposit as a first instalment then plan to pay the instalment/s by 2 months prior.

Do you offer car-pooling to the retreat?

Yes. 2 weeks out from the retreat, I will set up a What's App Retreat group where you are welcome to request a carpool.

I am on a special eating plan; can I request some eating preferences?

Absolutely. Amanda has designed our meals, so they are gluten and dairy free. We aim to accommodate your requests where possible. Please give Kendra plenty of notice prior to the retreat.

