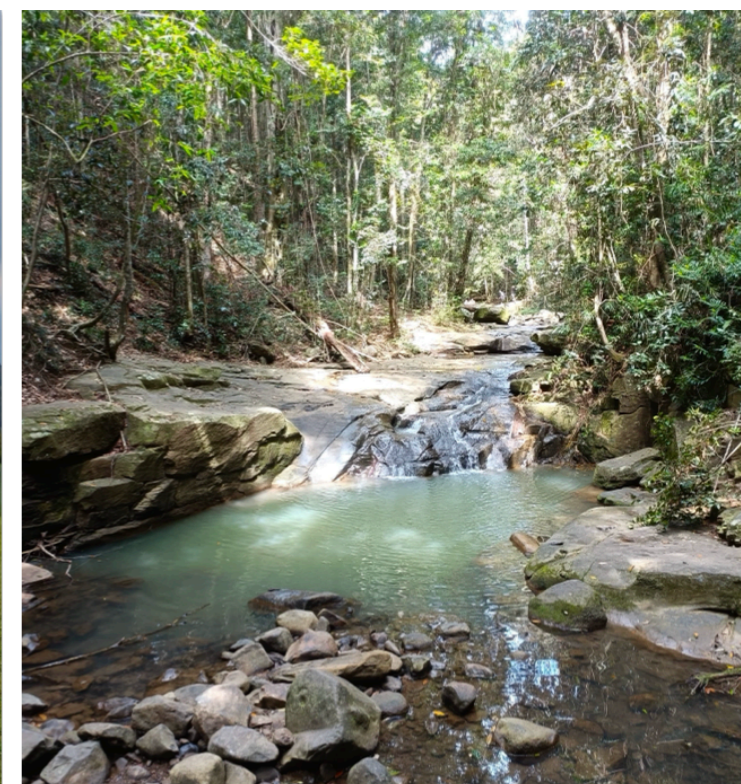


Body & Mind Respite

TESTIMONIAL

“This was a totally amazing experience. I have learnt new strategies and I have tried so many new things. I have learnt new things about myself and what my mind and body are capable of. Thanks so much Ange, Aaron and Nikara for the support and the amazing experience you have given me.”



TESTIMONIAL

“My experience at respite helped me to remember to pause and take time for me. It made me feel more motivated, that I can do better for myself in my own day to day life with yoga, journalling and just being in the moment. That I can step out of my comfort zone and still be okay. Exactly the recharge I needed.”



Life Mental Health

Accommodation

You will be staying on beautiful acreage on the Sunshine Coast in your own private bell tent, kitted out with a queen size bed and all the gear. A spacious ensuite will also be available for your use.

Our Vision

Our vision behind this is to provide you the space to have a complete rest and reset. A range of activities are on offer for the benefit of helping you try new things, build your confidence and increase positive hormones. These activities include kayaking, nature hikes and drama. Whilst also relieving stress and tension, clearing energy blockages and building new neural pathways through yoga, meditation, journalling, a full body massage, a magnesium bath, mindfulness and distress tolerance practice. Please find itinerary for a more detailed guide and get in touch with us, we can customise your respite to your needs.



TESTIMONIALS

“It calmed me down, the people were supportive and recognised my racing mind. I will take my tools with me and aim to be more kind to myself. I hope you will let me come back next year please. It was just what I needed. I loved the camping. Thankyou from the bottom of my heart.”

“I loved everything about this respite, the activities, the hosts, the other participants, everything and everyone felt so welcoming and inclusive. The food was amazing, as was the massage; the whole experience was exactly the reset I needed. I will take with me all the good nutritional advice and advice for planning a better routine and journalling - just allowing myself to take time out for me and rejuvenate and replenish my body and mind.”

“The respite has been a wonderful opportunity to relax and recharge and grow my self confidence. Starting each day with gratitude and yoga has given me some new skills to use in my life going forward. I feel so much less stressed and energised, I feel like a whole new person.”