

2019 RETREATS IN PARADISE

BROUGHT TO YOU BY

The Retreat Specialists™ & 180° Wellness



WELLTHY LIVING, SUSTAINABLE WELL BEING RETREAT

with Lisa Entwisle

9th to 16th March 2019

Absolute Twin Sands Resort & Spa, Phuket, Thailand

IS IT TIME FOR YOU TO PAUSE AND EXPERIENCE SPACE FOR YOU, TO TAKE TIME OUT OF YOUR BUSY LIFE SO THAT YOU CAN REPLENISH FEELINGS OF HAPPINESS AND NURTURING?

If the answer is yes to any of this then this could be the perfect retreat for you.

What can I expect?

This is the perfect opportunity to take some time out for you, time to pause and enjoy where you are without having to worry about deadlines, families, expectations and all those other every day demands. Time at Absolute Twin Sands Resort & Spa will give you the space to do just that and Lisa Entwisle combined with the 180° Wellness Bliss Spa Package will have you going home feeling nurtured, re-energised and the knowledge that you have the tools for sustainable wellbeing to thrive in your everyday life.

Join us at Absolute Twin Sands Resort & Spa and go home feeling refreshed, re-energised and feel equipped with the tools for sustainable wellbeing to thrive in your everyday life.

Over the seven days experience self care through daily spa treatments and discussions that focus on vision setting, reflection action strategies and individual time with Lisa Entwisle so you go home feeling clear on you own values, intentions and creating grounded practices to develop a more joyful focus and wellbeing in everyday life.

When you take a holiday you want to come back home feeling refreshed and continue to feel how you felt during your time away. But more often than not we walk through the door and children, partners, friend and demands in our everyday life can take away that feeling of bliss and contentment in a single moment. This is when every decision and shift in mindset that you have made while you are away comes crashing down and you feel like you have not had a holiday at all. The WELLthy Living, Sustainable Wellbeing

Retreat has been designed to support you to turn your resort experience into a sustainable and long-term transformation.

Whether you are working toward a goal, navigating change, or moving through a life transition, support and guidance can really help reduce overwhelming feelings and the critical voice in your head and assist in navigating a new path and the achievement of desired outcomes.

If you know that you need some time to rest and improve how you are feeling so you can feel optimal wellbeing then this is the perfect holiday for you.

The program for the retreat allows time for relaxation and nurturing and will take you through a process of five workshops over the seven days – first you will indulge in a 1:1 coaching session with Lisa where you will begin to look at your desired outcomes and the road map that will make this a success for you. There will be time for group discussions, connection and reflection of where you are at and where you want to be. The beauty of a retreat is that it gives you a common experience that can be the basis of a

new friendship that will last far into the future, something that does become less common in this busy world that we live. We will also delve into Thai culture through some time away from the resort, and of course there is time for some shopping and the beach if that takes your fancy in the afternoons and evenings.

The Spa Bliss program of daily spa treatments, coupled with great nutritionally balanced food, will mean that you can take time to connect with you are and not think of anything else – at least for a little time each day. We know that this experience will turn your resort stay into a sustainable long term transformation.

By being part of this retreat you will go home with:

- Tools to develop confidence to create your own success in achieving your desired goals and sustainable lifestyle changes.
- Clarity on your individual strengths, values, priorities and the way you want to show up and be seen in the world.
- Connection to your inner wisdom, decision making and problem solving ability.
- A knowledge of how to create more joy, curiosity, creativity and focus in your life.
- You will identify your individual strengths to help improve your focus and effectiveness.
- You will be able to address challenges that arise for you in the future.
- Finally you will have tools in self-awareness, reflection, mindfulness, resilience and stress management.

A whole tool kits of resources for you to take into your world when you return home.



Who Is Lisa Entwisle?

Lisa Entwisle is a 40 something year old passionate woman, a mother of two beautiful humans trying to make a difference in the world. And with a Bachelor of Applied Science in Health Promotion and Human Movement, Lisa is the perfect host for our upcoming WELLthy Living Retreat.

She wants to live on a planet where people value themselves, make self loving choices and in turn share their best version with the world, spreading more compassion, kindness and joy. Lisa is an integrated life, clarity & well-being coach and mentor, a workplace wellness consultant, author of - Babyweights - bond with your baby through exercise', a conversation facilitator, event creator and host and some also refer to her as a change agent.

She helps open-minded, big-hearted people connect to themselves, others and the world around them. This helps them develop more confidence, clarity and overall well being to pursue their passion and achieve their health and lifestyle goals in a way that's unique to their own personality and style. It is her intention of guiding people to make choices that are connected with their values, integrity and ethics.

With over 20 years of experience and 1000's of clients, Lisa has refined her ability & intuition to identify quickly core issues that are holding people back from living their best version and achieving their desired outcomes. She creates a space that allows people to grow by accessing their own wisdom, a space for courage, risk taking, vulnerability, creativity, self trust, love,

respect and confidence. She strips back the layers, cut through the BS and removes the overwhelm, helping people map things out in a simple and realistic way to build a complete picture of their personal and business vision.

Basically she helps people turn their information in transformation. Lisa is a strong believer in collective wisdom' by collaborating and drawing on the expertise of other professionals in her network. Her mantra is "connection is medicine".

The Program

DAY	TIME	OUR DAYS
1 Saturday		Arrival and check in / transfer from the airport Lisa will be there to greet you on arrival
2 Sunday	9.00am 10.30am 1.00pm 7.00pm	Breakfast together Welcome Workshop Lunch You will be welcomed by the 180° Wellness Team who will introduce you to the Bliss Spa Cleanse and answer all your questions. 1:1 Coaching Session (these will continue throughout the retreat) Dinner at resort – Thai Banquet – a fitting welcome for this journey
3 Monday	7.00am 10.30am 12.30am 2.00pm 6.30pm	Yoga - Thai Tea Ceremony - Breakfast Workshop: Group Connections and Reflection Lunch 2 hour spa treatments Dinner
4 Tuesday	7.00am 10.30am 12.30am 2.00pm 5.30pm 7.00pm	Yoga -Thai Tea Ceremony - Breakfast Workshop: Life Clarity and visioning session, journaling time, life visioning session Lunch 2 hour spa treatments Workshop: Group connection, reflection and sharing, discussion on tools for life integration Dinner
5 Wednesday	7.00am 10.30am 12.30am 2.00pm 6.30pm	Yoga -Thai Tea Ceremony - Breakfast 2 hour spa treatments Lunch An adventure Out Dinner
6 Thursday	7.00am 10.30am 12.30am 2.00pm 6.30pm	Yoga -Thai Tea Ceremony - Breakfast Workshop: Group action strategy session and individual coaching Lunch 2 hour spa treatments Dinner
7 Friday	7.00am 10.00am 12.30am 2.00pm 6.30pm	Yoga -Thai Tea Ceremony - Breakfast Workshop: Group connection and reflection Lunch 2 hour spa treatments Celebration Dinner and final group closing ceremony: Seeding and releasing group ritual for ringing about embodiment and accountability transitioning back into day to day life.
8 Saturday	9.30am	Breakfast Departures

Package Prices & Inclusions

The package price is outlined as follows

	Thai Baht	AUD	USD	Euro
Participant Single Room – Studio	฿98,800	\$4240	\$3197	€2697
Participant Shared 1 bedroom	฿90,897	\$3899	\$2797	€2497

Includes:

- All accommodation in a single share Studio Suite at Absolute Twin Sands Resort & Spa
- Transfers to and from Phuket Airport
- Complimentary transport to Patong Beach
- 7 Breakfasts, 5 Midday Meals, 1 Thai Banquet and 5 Evening Meals
- The Retreat Specialists™ Welcome Gift
- All workshops with Lisa throughout the retreat
- A 1:1 personal lifestyle and wellbeing coaching session
- Group mindfulness meditations
- The development of personalised goals and wellbeing action plan for after your stay
- Participation in the 180 Wellness Bliss Spa Package as outlined on the 180° Wellness website www.180wellness.asia – valued at \$3393 AUD
- Five x 2 hour spa treatment at 180° Wellness
- Daily detox (gentle) yoga
- Thai Tea ceremonies
- Daily energising juices and wheat grass shots along with Thai basil seed drinks
- Full use of infra-red sauna and gym
- A 1:1 consult with the Spa Manager to consult about Body Metrics
- All workshops
- Pre and post retreat contact
- A 180° Wellness Spa Welcome Pack
- Free shuttle bus to and from Patong Beach

Excludes:

- Flights and any additional accommodation outside of the retreat dates
- International Travel Insurance
- Tips to staff
- Extra spa treatments

To book please scan the QR code here to be taken to our booking page or visit www.180wellness.asia/retreats/join2019retreats/



About The Retreat Specialists™

The Retreat Specialists™ are formed of 26 years of experience in the retreat industry and brings together a range of Resorts with a wide roster of Retreat Facilitators curated by the Retreat Specialist Liesel Albrecht.

All Retreat Facilitators are experts in their field and bring together a unique program of expertly crafted retreats in a wonderful range of worldwide resort settings, providing those on holiday with a wide choice of wellbeing experiences, tailored to their needs.

The Retreat Specialists™ work in close collaboration with the resorts so that, together, we can provide guests with an unforgettable experience.



About Absolute Twin Sands Resort & Spa, Phuket, Thailand

Absolute Twin Sands Resort & Spa is a stunning resort with panoramic ocean views, contemporary apartments, outstanding dining and wellbeing opportunities and five-star service, all in a spectacular peninsula setting minutes from Patong on the stunning island of Phuket. Nestled between two perfect white sand beaches, every one of the 185 apartments and penthouses, available as studio, one and two bedroom, combine the best of contemporary design, architecture and furnishings to create a comfortably chic holiday retreat for couples and families alike.



About 180° Wellness

180° Wellness welcomes guests from all over the world who benefit from our nurturing, fun, educational and effective 180° Wellness programs. On a program with us, you will reap the benefits of a range of health, wellbeing and detox programs, the delicious nutritionally balanced cuisine consciously prepared by our in-house Nutritionist, our relaxing spa services, our carefully curated Yoga and Meditation programs, inspiring conversations and discussions on the principles of wellbeing, all in the comfort of our home, the stunning Absolute Twin Sands Resort & Spa, positioned between two fabulous secret beaches on the west coast of Phuket island.



Frequently Asked Questions

We are often asked a few standard things when people come to Thailand.

1. Will there only be Thai food to eat?

No, each program has a consciously curated menu under expert Nutritionist supervision. We offer a great fusion of foods at the resort restaurant and can cater for any dietary or allergy requirements.

2. How will I get from the airport to Absolute Twin Sands Resort & Spa?

When you book the resort will request your arrival and departure times and they will organise transfers. You will be informed of how to find your driver when you come out of the airport closer to the booking.

3. I won't know anyone so I am a bit nervous

The beauty of these retreats are that you don't have to share a room and the group will bond really quickly - we guarantee it - you will have 9 or more new friends within the first hour!

4. The program looks pretty full will there be any free time?

We will make sure of it. There are shuttle buses to Patong Beach that leave regularly and there will be plenty of time to lie by the pool. There will be lots of time for napping, chatting and shopping!

5. Can I stay longer?

Yes of course when you are booking let the resort know and they will book you accordingly and if you want to travel anywhere else in Thailand The Retreat Specialists™ can help with this.