

# 2019 RETREATS IN PARADISE

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The Retreat Specialists™ & 180° Wellness



## RESET RETREAT FOR FEMALE ENTREPRENEURS With Sara Knight and Anthea Cutler

9<sup>th</sup> to 16<sup>th</sup> November 2019

Absolute Twin Sands Resort & Spa, Phuket, Thailand

**ARE YOU READY TO REALLY REDISCOVER AND EXPERIENCE A HEALTHY BODY AND MIND IN ORDER TO CREATE MORE EASE AND FLOW IN YOUR BUSINESS?**

If the answer is yes, then this could be the perfect retreat for you. As entrepreneurs we can really get bogged down in the day to day running of our businesses and end up having to work harder in order to grow our businesses faster. Theoretically you may know all the things that you should be doing... but for whatever reason things still manage to slip... and you end up working even harder still, feeling stressed and not prioritising your health. Join us for 7 days at Absolute Twin Sands Resort & Spa in Thailand and we will help you ReSET your body and your mind, plus put a system in place that will really support you to continue to grow both personally and in your business.

### What Can I Expect?

This is the perfect opportunity to carve out time to RESeT your body and your mind in order to create more ease and flow in your business, whilst still propelling your business forward.

During the retreat you will release your limiting beliefs that are stopping you from being successful. These beliefs may be “it has to be hard” or “I am not enough.” This retreat will rewire your brain to think and feel differently so that you are able to fully align with your health and business goals.

Equally so the body may have limiting biochemical pathways or habits that are undermining your success. The food you eat, how you handle stress, how you move your body, and how you sleep can all be key determining factors in your success. As the adage says “you can’t pour from an empty cup.” Allow this retreat to fill your cup so you can be present in your business and life generally.

This retreat is for those that are being held back from their true levels of success due to:

- Low energy due to poor sleep and lack of exercise
- Sabotaging thoughts, habits and beliefs
- Inaction due to anxiety, stress and poor eating habits
- Confusion due to poor initiative or lack of follow through

Instead this retreat will allow you to have:

- Abundant physical, mental and emotional energy
- Empowering beliefs and mindset
- Knowledge to make your physical and mental health a priority and straightforward to run a thriving, successful and sustainable business

By understanding how the body and mind, you can be released from limiting habits and beliefs, which then allows you to create a healthy, sustainable business that comes from a place of ease, strength and alignment.



Equally so, rest is so important. Whilst we will tackle these issues around the body and mind that need to be released to create greater success, you also simply need to rest. You can sleep in, have a spa treatment, yoga session, walk, shop – whatever you do to truly rest, this retreat provides this time for you to rest, recover and reset.

The retreat itinerary has been designed to allow time for relaxation, healing, learning and transformation.

Using food and nutrition together with hypnotherapy and mindset coaching, Sara Knight, Naturopath and Anthea Cutler, Mindset Coach, have developed a program that will allow you to:

- Understand stress and the impacts of stress on the body
- Establish healthy eating habits that are in line with the busy life of an entrepreneur whilst better supporting your gut
- Establish healthy sleeping patterns
- Rediscover the importance of moving your body
- Clear any feelings of stress, overwhelm, negativity, not being good enough and limiting beliefs

## Who Are Anthea and Sara?

Anthea Cutler is the owner of Mindfly. She is a qualified hypnotherapist and NLP practitioner who practices as a mindset coach for women in business. In 2016, Anthea had her daughter and unfortunately experienced debilitating anxiety following a traumatic birth. Luckily she spotted the signs quickly and sought help from a psychologist and a psychiatrist whilst also going on anxiety medication. Pretty soon after she was discharged as she was told she seemed to be “coping fine” but it wasn’t until she started working with a local hypnotherapist that her whole model of the world changed. In August 2017, Anthea completed a Diploma of Modern Psychology with a focus on

hypnosis, neuro linguistic programming and coaching. Since then Anthea has focussed on getting her own business mindset sorted and as a result has significantly fast tracked her business growth. Anthea is now passionate about helping women to do the same so that they too can build the businesses of their dreams.

Sara Knight is the owner of The Gut Clinic, specialising in helping people rediscover a calmer gut and lighter mood using food, nutrition and medicinal herbs. After spending almost 20 years in the insurance industry, Sara made the leap to leave her well paid job to pursue her true passion, helping

people using natural remedies and food as medicine in the field of naturopathy. Sara’s practice is flourishing and she was voted one of the Top Three Naturopaths in Newcastle in 2018.

In addition to gut health, Sara enjoys helping female entrepreneurs to be healthy in life generally so they can better succeed in business. Her focus is on realistic healthy eating and stress resilience. Sara also focuses on helping women understand stress, the impact on their body, mind and emotions as well as how better to withstand stress – to increase their resilience through knowledge and action.

- Strengthen your money mindset
- Design and achieve the future that you want
- Learn daily mindset techniques that you can use to
  - a) tackle any future mindset wobbles that come up and
  - b) keep you aligned with your goals so that you can maintain this continual journey of growth in your business and within yourself
- Connect with a group of like-minded individuals

During the retreat there will be time for connection with a small group of like-minded business women who will all be there to support you in your journey.

In your free time you may like to participate in cultural activities, go shopping, chill at the beach or just ease into the relaxed Thai way of life.

We will have you going home feeling truly rested, strong in your body and mind and with clarity about your business.

## Itinerary

DAY	TIME	OUR DAYS
1 Saturday		Arrival and check in / transfer from the airport Sara and Anthea to meet with guests briefly, after arrival and check in
2 Sunday	1.00pm 2:00pm 7.00pm	Realistic Healthy Eating Healing The Past Spa manager to come and meet group and a discussion about the week to take place Dinner at resort – pre organised Thai Banquet
3 Monday	8.00am 10.00am 11.00am 12.30pm 2.00pm 6.30pm	Yoga - Thai Tea Ceremony - Breakfast Healthy Eating Demo Daily Mindset Techniques Lunch 2 hour spa treatments Dinner
4 Tuesday	8.00am 10.30am 11.30am 12.30pm 2.00pm 6.30pm	Yoga - Thai Tea Ceremony - Breakfast Stress Resilience Trusting Your Subconscious Lunch 2 hour spa treatments Dinner
5 Wednesday	8.00am 9.30am 12.30pm 1.300pm 7.30pm	Yoga - Thai Tea Ceremony - Breakfast 2 hour spa treatments Lunch Afternoon trip Dinner
6 Thursday	8.00am 10.30am 11.30am 12.30pm 2.00pm 6.30pm	Yoga - Thai Tea Ceremony - Breakfast Sleep Strengthening Your Money Mindset Lunch 2 hour spa treatments Dinner
7 Friday	8.00am 10.30am 11.30am 12.30pm 2.00pm 6.30pm	Yoga - Thai Tea Ceremony - Breakfast Movement Design & Achieve The Future That You Want Lunch 2 hour spa treatments Celebration Dinner and final group closing ceremony
8 Saturday	9.30am	Breakfast Departures

1:1 Individualised sessions with Anthea and Sara will be scheduled throughout the Retreat

## Package Prices & Inclusions

The package price is outlined as follows

	Thai Baht	AUD	USD	Euro
<b>Participant Single Room – Studio</b>	฿105,700	\$4740	\$3396	€2994
<b>Participant Shared 1 bedroom</b>	฿90,043	\$4399	\$3170	€2795

### Includes:

- All accommodation in a single share Studio Apartment 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
- Five x 2 hour workshops
- One x 1 hour 1:1 individual session with Anthea, Mindset Coach
- One x 1 hour 1:1 individual session with Sara, Naturopath
- Take Home Resources – customised daily hypnosis plus sleep hypnosis, mindset improvement manual, recipes, gratitude diary, eye pillow, flower essence, and movement tips and ideas. The customised daily hypnosis audio will be specifically

developed for you following the retreat. It will be based on your vision of the future you would like to achieve so that your subconscious starts to experience this as your new normal creating new neural pathways in your brain to guide you there.

- Participation in the 180 Wellness Bliss Spa Package as outlined on the 180° Wellness website [www.180wellness.asia](http://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 & yoga classes
- 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

## 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.