

# 2019 RETREATS IN PARADISE

BROUGHT TO YOU BY

The Retreat Specialists™ & 180° Wellness



## THE NURTURE THE NURTURER RETREAT

With Andrea Fisher

17<sup>th</sup> to 24<sup>th</sup> August 2019

Absolute Twin Sands Resort & Spa, Phuket, Thailand

**DO YOU CARE FOR OTHERS AS A PART OF YOUR WORK OR LIFE? PERHAPS YOU ARE A HELPING PROFESSIONAL, NURSE, COUNSELLOR, PSYCHOLOGIST, SOCIAL WORKER, MASSEUSE, ALTERNATIVE THERAPIST, CASEWORKER, COACH, OR TEACHER? OR MAYBE YOU ARE A CARER OF A LOVED ONE - CHILD, PARENT OR PARTNER. YOU ARE SKILLED AT GIVING YOUR TIME, ENERGY AND CARE TO OTHERS, BUT ARE NOT SO GOOD AT LOOKING AFTER YOURSELF.**

You may be tired, ready for a total reset, lacking empathy and sometimes have less patience than you'd like. It's time to put yourself first and take a week to nurture yourself, so that you may continue to give to others.

Isn't it time to Nurture the Nurturer before you run yourself into the ground?

This one week Nurture the Nurturer Retreat is specifically designed for you if you nurture others. It is for you to take time for yourself, connect with others, be pampered and rebuild your wellbeing. You will take home a plan to keep your new wellbeing in place.

### What Can I Expect?

This is the perfect retreat to take time for yourself and connect with others who understand what you have been experiencing in your work or life. In a beautiful and supportive environment, that will nurture your body, mind and spirit, you can enjoy peace and quiet, impassioned by connection and fun. Powerful interactive activities will help you understand and acknowledge the impact of your work and how it affects your health and wellbeing.

You'll learn how to detect the signs of burnout and vicarious trauma, do a little self-examination, and most importantly, develop a personalised plan to care for yourself while you are on retreat AND after you go home.

Together we will identify how each of your senses can protect the essence of who you are.

## Is this retreat for YOU?

The answer is YES if:

- You take too much time to get to sleep or wake in the night pondering the problems of work or the person you care for.
- You wake feeling tired and lethargic.
- You drag yourself to work or find yourself bored or stressed by the job.
- You feel trapped in your current position but have no idea how to get out of it, or not even know if you want to change.
- Find yourself comfort eating. Do the mid-afternoon munchies strike and bring you undone?
- Carry more weight than you would like because you don't take the time to eat well.
- Perhaps you come home and need a drink (or three) to wind down at the end of the day.
- You lack passion and spark in your life
- You have used alcohol, food, caffeine or medication to prop up your everyday life
- You are ready to engage in some self-examination and make change
- You want to reset your thinking, behaviour and self-love.

Enjoy activities that fire up your senses and skills such as

- massage, yoga and spa treatments
- listening to the sounds of the waves as they roll into the beach
- hearing the relaxing music
- smelling the divine scents of the essential oils
- meditation and mindfulness
- smelling and tasting the delicious food

If any of these ring bells for you, take heart, you can take charge of your life and give yourself the gift of nurturing yourself in a loving and helpful way. Enjoy the luxury of a week of pampering, creative workshops where you deep dive into your self-care habits, so that you can complete a reset of body, mind and spirit.

While this is not a detox retreat, we will address the everyday habits of life and how they apply to your self-care.

Tap into your understanding of yourself through the use of simple yet potent activities that highlight the value of your awareness of your senses to create powerful shifts in your life.

Together we will delve into your current state of wellbeing, recognise your vulnerability when exposed to constant demands, help you to deeply relax, uncover your strengths and learn powerful strategies to rebuild your resilience. We will reignite the love of your job.



We'll combine learning with experiences that nurture body, mind and spirit. We enjoy time inside and out, in the group and alone, sounds and silence. Each day will be punctuated by spa treatments, yoga classes and healthy delicious food.

Add in some activities that show you the delights of the tropical island location that is Phuket, and you have the recipe for not just a great holiday, but a chance to reset your body, mind and spirit, and an ongoing self-care plan.

All activities are optional but are planned together to complement the total reset. This takes pace in a spacious and luxurious environment with space to process your experiences and learning.

I will help you map that change plan out in a simple and non-threatening way, so that you leave with a clear heart and mind, knowing and feeling what you want in your life. Imagine feeling reenergised and totally refreshed!

Join me to care for yourself, so that you may care for others.

## Who Is Andrea?

Andrea Fisher is the founder of Reach Your Potential. She is passionate about helping people create lives that provide purpose, meaning, health and fulfilment, through coaching, workshops, courses and retreats. Andrea shows people how to change their thinking to let go of the past things that have held them back, learn tools to create the life they want now and actually take action to make it happen. She knows all about personal and professional life reinvention, as she has done it for herself several times over many years.

As a qualified and experienced retreat facilitator, she loves the extra special dimension that happens on residential retreats that can lead to major transformation. The combination of group support, a cheerleader to help you take action, and the time for some solo reflection is very special.

Originally trained many years ago as a social worker, she has counselled thousands, and led many hundreds in workshops, retreats and formal tertiary education.

She wants to show you the way to let go of stress and create a future that gives you purpose, happiness and fulfilment.

Andrea has a Bachelor of Arts (Psychology), Bachelor of Social Work, Graduate Certificate in Trauma Counselling and Certificate IV Workplace Training and Assessment.

## Itinerary

DAY	TIME	OUR DAYS
1 Saturday		Arrival and check in / transfer from the airport Andrea will be there to greet you during the check in process
2 Sunday	9.00am 1.00pm 7.00pm	Breakfast An introduction to the retreat with Andrea and learn about how the week will be Dinner – Thai Banquet – a fitting start to the Retreat
3 Monday	7.00am 10.00am 12.30pm 1-3.00pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast Discussion: Values and Vision Lunch 2 hour spa treatments Dinner
4 Tuesday	7.00am 10.00am 12.30am 1.00 - 3.00pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast Discussion What are your Health and Lifestyle Goals – do you even have any? Lunch 2 hour spa treatments Dinner
5 Wednesday	7.00am 10.00am 12.30pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast 2 hour spa treatments Lunch Afternoon Adventure Dinner
6 Thursday	7.00am 10.00am 12.30am 1.00 - 3.00 pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast Discussion: What is that connection to self-love? Lunch 2 hour spa treatments Dinner
7 Friday	7.00am 10.00am  12.30am 1.00 - 3.00 pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast Discussion: Lets bring everything together and how to take everything you have learnt, planned and felt back home into your everyday lives Lunch 2 hour spa treatments Dinner final - lets celebrate what we have learnt over the week with our last dinner together
8 Saturday	9.30am	Breakfast and Departures

## Package Prices & Inclusions

The package price is outlined as follows

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

### Includes:

- All accommodation at Absolute Twin Sands Resort and Spa
- Transfers to and from Phuket Airport
- Free transport to Patong Beach
- 7 Breakfasts, 5 Midday Meals, 1 Thai Banquet and 5 Evening Meals
- A Retreats for Resorts Welcome Gift
- All workshops with Andrea throughout the retreat
- Participation in the 180 Wellness Bliss Spa Package that includes - – all of these are listed below and optional but included in your package - 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 and 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
- Travel Insurance
- Tips to staff

## 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.