



4 Day Spring Retreat

30 Sept- 4 Oct 2024

From \$1500

Hara: Our True Centre

Support your mind and body to deeply relax and unwind.

Reconnect with the true source of joy, ease and connection.

Learn how to drop the endless 'fix myself' narrative and discover how true healing, growth and change begins when we nourish and celebrate who we already are.



Rediscover relaxation. Rediscover yourself.

Relaxation isn't just a luxury; it's the pathway itself to profound inner connection and our innate wholeness. Alienation from our deepest sense of relaxation is the constant subtle agitation that causes our stress, wasted energy, fragmented bodily intelligence, and poor immunity. It's why we feel scattered, unable to calm our busy minds, and not fully present with others.

"Silent, vibrant, energetic wholeness can only be felt through relaxation, never located or known with the mind of thought". - Zen Teacher Doko Hatchett



What you can expect on this retreat:

The ancient wisdom traditions, with insights from modern neuroscience, offer a clear path to wholeness, vitality, and our true centre. Fortunately, we don't need to reinvent the wheel to meet this age old dilemma of how to be more happy and less stressed.

A balanced program and daily schedule that supports you to slow down. There will be space and time to integrate your experience. This is not a silent retreat but you will get a peaceful start to the day with silence shared until after breakfast.

Expert guidance and support from Justine and Maddy, are the heart of this retreat. They excel in simplifying complex concepts, making them accessible, with deep insight and real-life experience underpinning all they teach.

- **Buddhist Psychology**

- The principles & practices for genuinely meeting with, feeling into, & deeply caring for your own mind.

- **Daily Movement Practice**

- Yoga, qigong and kiko (qi-releasing exercises) to open, release, strengthen, and relax. No prior experience is needed for you to find your way back into your body.

- **Meditation & Mindfulness**

- Daily meditation (beginners welcome) & daily guided mindfulness practices. Cultivate self-compassion and work with your own attention and awareness.

- **Personal Development & Creativity**

- Go beyond the endless inner narratives (old stories) that limit you. In an atmosphere infused with generosity, creativity and play, learn how to identify and release old patterns of thinking and being.

- **Silent Nature Walks**

- Harness the restorative power of nature itself; guided walks, 'forest bathing', and practicing mindfulness in nature. Access the many walking trails at Wybalena Farm whenever you like.

- **Wellness Corner**

- Enjoy full unscheduled access to the magnesium pool, sauna, and ice bath (for the brave).



Your facilitators:

Maddy Goodwolf & Justine Buckley

Maddy and Justine are dear friends who actually met over a decade ago on a retreat. They know first-hand that a retreat can be a place of connection where lifelong friendships begin. Since meeting, they have sat many a meditation retreat together and organized and facilitated together on many more.



As a team, they compliment each other. Maddy leads on all things to do with the body, Justine on all aspects of the mind. They are also both Psychotherapists and formal Zen students. Their style of facilitation is relaxed, humourous and engaging.

Justine is a senior Zen student, meditator, mindfulness teacher & psychotherapist with over 30 years of experience. Her private practice is based in Byron Bay and she runs weekly sessions at Gwinganna Lifestyle Retreat. A practitioner and facilitator with the Mudita Institute for Ayurveda & Mindfulness for many years, she is also a well-loved counselling lecturer. Originally trained in Gestalt Therapy, it is the practical wisdom of Buddhist Psychology, Compassion-focused Therapy and Mindfulness that shines in her work and being. A Clinical Supervisor, Justine truly brings a wealth of experience to the table. You are in safe hands with her gentle presence.

Maddy is a yoga teacher based in Hobart. Her decades of experience are obvious in the careful crafting of her classes. Able to guide students through their own felt experience, Maddy's classes are renowned for 'always hitting the right spot'. Her teaching style is both precise and explorative, and is influenced by her many years of Zen training. In private practice as a psychotherapist, she specializes in Internal Family Systems and Art Therapy. Maddy is Level 1 and 2 trained in IFS and serves as an assistant on the training programs in Australia.



Wybalena - the Retreat Centre

Located on 170 acres, Wybalena is a purpose built retreat venue set amongst serene countryside and untouched bushland. There is nothing that compares to retreating in a space that is dedicated purely to practice and contemplation. The air you breathe and the ground you walk on knows how to offer silence and stillness.

Unwind layers of mental and physical tension amongst rolling hills, beneath clear night skies, and wake to the mornings birds

In the wellness corner, which you can access any time, you'll find a magnesium pool, infrared sauna and even an ice bath plunge pool





Meals: Introducing Chef David Lisken

Let's admit it - we all love great food. David is one of the chefs at Olivia Newton John's Gaia Retreat Centre and has over a decades experience in some of the finest kitchens in the world. He knows how to look after people and loves to create flavourful healthy dishes that will please sensitive bellies.

His passion for the past 4 years has been plant-based meals specifically for yoga and wellness retreats. On this retreat, we aim to look after your digestion. Breakfasts will be nourishing, lunch will be the main meal of the day, ending with a hearty soup for dinner. And of course... morning and afternoon teas.





Accommodation:

Wybalena offers a range of accommodation options, including single studios, two bedroom cabins, twin share rooms and single rooms.

Pricing:

Teir 1 (single room): \$2450 per person

Teir 2 (single room): \$2200 per person

Tier 3 (twin-share): \$1650 per person

Teir 4 (twin-share): \$1500 per person

Payment Options available. Talk with us.

Tier 1

DELUXE MAIN HOUSE ROOMS

In the main house are two master bedrooms, each with king beds and ensuites (one with a luxurious bath). Large glass windows showcase beautiful country views and wrap around verandas that flow onto the magnesium pool, sauna and outdoor firepit.

THE GARDEN ROOMS

Located in a separate building just a short walk from The Main House, The Garden Rooms are the perfect oasis for guests wanting a self contained and private space. Four identical bedrooms surrounded by lush gardens each with its own entrance, double bed, farmhouse style ensuite, plus reverse cycle air conditioning and ceiling fan for comfort. The Garden Rooms have a shared deck to enjoy the sunshine and fresh country air.





Tier 2



THE GUMNUT CABINS

These cabins have an identical layout with two bedrooms (one queen bed & one double bed) with built in wardrobes, a shared modern bathroom, living room with TV, kitchen, dining table and deck to enjoy the country views. With reverse cycle air conditioning in the main living spaces and pedestal fans in the bedrooms. The perfect accommodation for those wanting to share with a friend.

MAINHOUSE ROOMS

Two beautiful and simple rooms with double beds and shared bathroom. Under the roof of the mainhouse, these rooms offer you the ease of central access to all aspects of the retreat. With picturesque windows to the rolling hills and morning birds.



Tier 3

THE BANKSIA WING (TWIN DOUBLE)

The Banksia Rooms are only a few steps away from The Main House, with two large twin-share bedrooms that share two modern farmhouse bathrooms at either end of the hallway. With reverse cycle air-conditioning and ceiling fans in each room, as well as divider screens available to place between the beds.



Tier 4

THE BANKSIA WING (TWIN SINGLE)

An additional room within the Banksia wing, offering a twin single arrangement. With reverse cycle air-conditioning and ceiling fans in each room, as well as divider screen available to place between the beds.





How to get there:

Wybalena is a 35-40 min drive from the Gold Coast Airport and the Ballina Airport. There are transfer companies available online, car hire service, taxi or Uber options. Maddy and Justine will liaise with all participants to make arrivals and departures easy.

Bookings:

For all bookings and enquiries, please contact the retreat facilitators:



maddy@maddygoodwolf.au
0408 257 751

or

justine_buckley@icloud.com
0401 788 820

Payments:



Bookings are confirmed with a 20% deposit. Option to pay in full or in 3 instalments by August 15th.

Cancellation Policy: 50% refund before August 31st. No refunds after September 1st

