



presents

Time Out

A series of one-Day Wellness Workshops

Choose a holiday in paradise,
perfect to relax and get inspired.

How about using some of your
time to learn about

- mindfulness,
- (de)stress
- weight management
- happiness

and more

These workshops are facilitated by miamo® wellness retreats, operated by
Renee Allert and Frank Frikker.

miamo® wellness retreats are inspirational and educational getaways at
stunning locations focusing on holistic life style & wellness programs.

We also offer 4-5 day retreats with overnight stay at Botanical Ark and other
locations. Contact us for more information.

Bookings:

All workshops need to be booked in advance Call us for available dates

Terms and Conditions:

Minimum 2, maximum 8 participants

Investment: \$197/per person

Includes all workshops, lunch, morning and afternoon tea

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Mindfulness and Meditation



Our fast-paced society makes it hard to slow down. Learning about meditation and mindfulness can transform your life. You can achieve inner-peace, health and happiness while being fully engaged in today's world.

With new discoveries in brain research, scientific evidence now backs so many benefits of meditation and mindfulness.

This is a hands-on event where you'll participate in some easy and fun meditations. But this event isn't just about learning to sit and meditate. You'll also learn how to use mindfulness in your everyday life and learn how you can have inner-peace, no matter what is going on around you.

De Stress



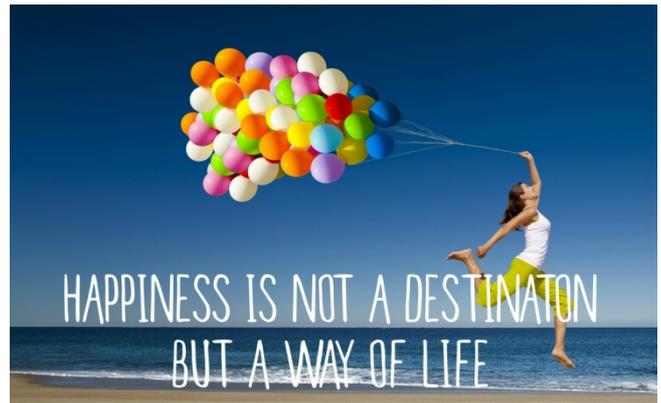
Do you suffer from stress, anxiety or depression?

Being stressed contributes to chronic conditions and illness. Understanding stress and knowing how to deal with it will help you stay healthy and happy in life.

You will learn about the consequences of stress on body and mind, your health and your environment.

Through exercises you will experience and learn practical methods that can help you to de-stress in the moment and keep stress levels lower long term.

Happiness: Its Causes & Enemies



Today's work and life styles turn us into rushing, consuming, digital zombies leaving little space for real happiness.

People take drugs to feel happy or expect their partners, family and friends to make them happy. Happiness is no long term state and it needs a certain mind set and attitude to grow on.

It all starts with our thoughts. Become aware of your thoughts, language and behaviour and learn how to create a happy mind.

Join us at this inspiring course to explore what matters for a happy and meaningful life.

Food and Nutrition



Food is not only influencing your weight and body shape but can also impact your emotions and moods. Most diets offer nothing more than yo-yo effects.

So knowing more about what to look out for in food to make the better choice will give you more control over your weight, your health and your life.

Understanding which part your mind is playing in this game will enable you to achieve lasting results.