Inner Realm Immersion Sanctuary (IRIS)

Essential Mindfulness Retreat
LEVEL 1

DATE/TIME:

STARTS : Thursday 28 November 2024 (from 4pm)
ENDS   : Sunday 1 December 2024 (around 11am)

VENUE:

Bellbird, Hunter Valley NSW

- 2 Hours from Sydney
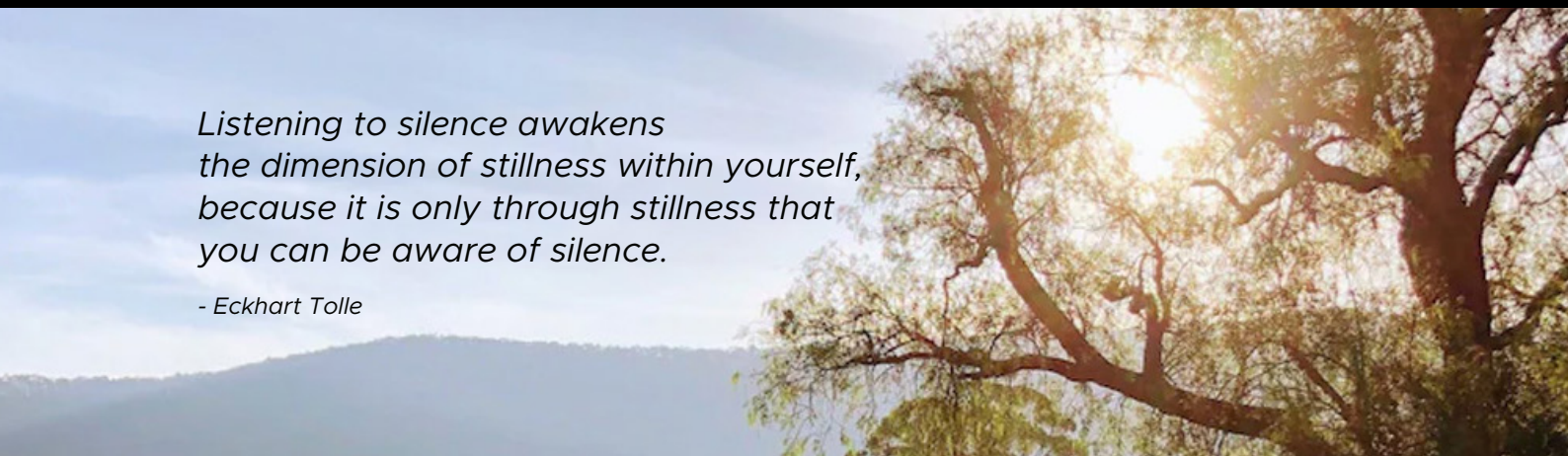- 1 1/4 Hours from Gosford
- 3 1/4 Hours from Tamworth

Places are limited and filling fast

INCLUSIONS:

Accommodation | Meals | Resources | Qi Gong/Yoga Facilitation | Sensory Activities | Mindful Activities

*Listening to silence awakens
the dimension of stillness within yourself,
because it is only through stillness that
you can be aware of silence.*

- Eckhart Tolle

We are committed to creating a loving and transformative experience for you, so our facilitation is our gift, FREE OF CHARGE.

The retreat, though, incurs some necessary expenses. Fees cover YOUR SHARE of these actual costs, such as venue, materials, and meals, etc.
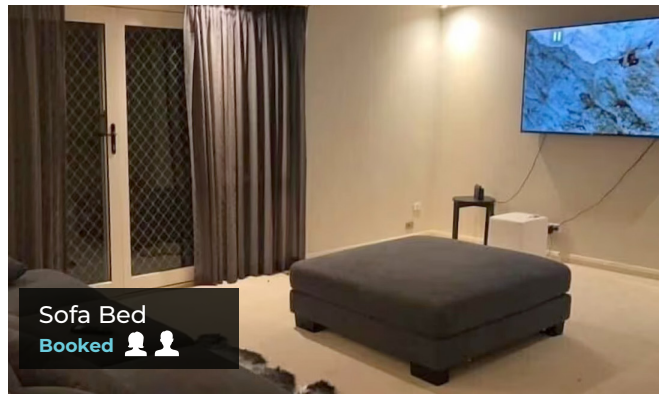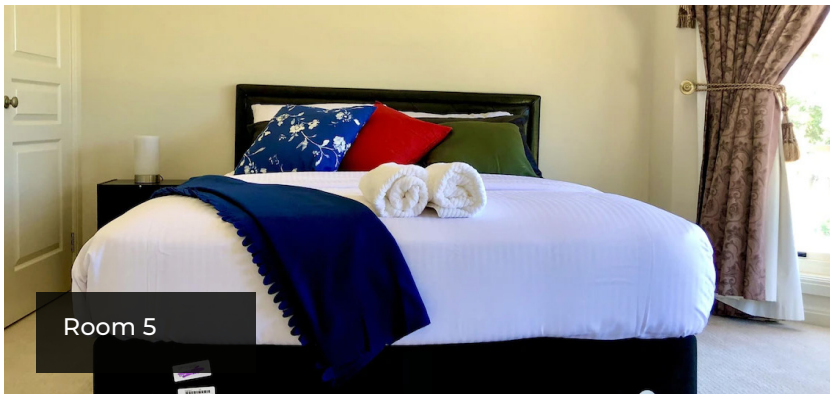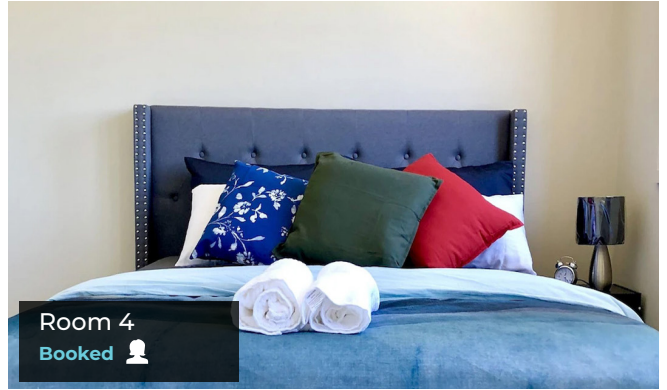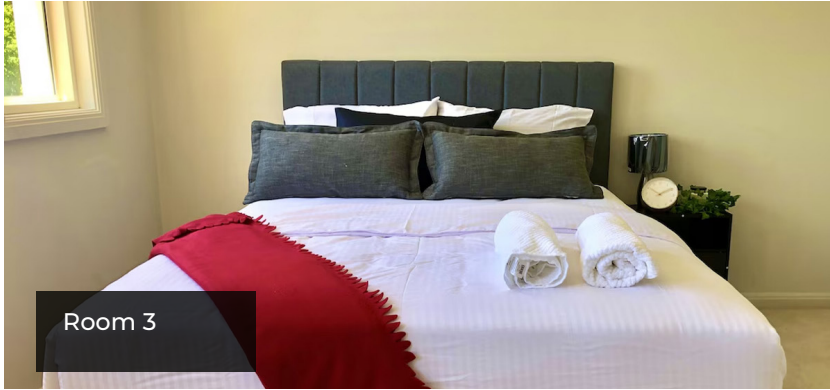
If you prefer more than base accommodation; which is share a bed and/or share a room, there are upgrade options available.

Sleeping | Room Options

BASE FEE

SHARED BED | SHARED BATHROOMS | SLEEPS 👥 | AVAILABILITY = 3 ROOMS (ROOM 3,4,5)

Room 3

Room 4
Booked 👤

Room 5

Sofa Bed
Booked 👥

PAYMENT OPTIONS

	👥	👤
Early Bird, pay before 15 August	$ 980 per person	$ 1,850
Book now, pay before 30 September	$ 1,330 per person	$ 2,200
Pay full rate from 1 October	$ 2,130 per person	$ 3,000

LOWER LEVEL
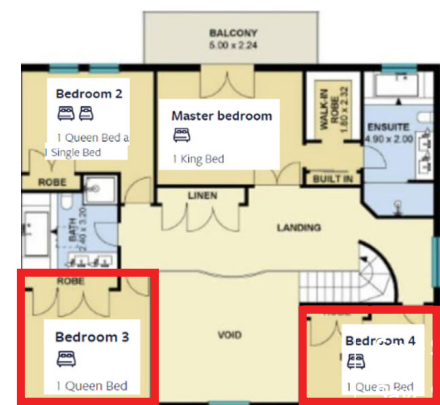
Sleeping | Room Options

COMFORT SHARE

OWN BED | SHARED BATHROOMS | SLEEPS 👥 | AVAILABILITY = 2 ROOMS (ROOM 2,6)

Room 2

Room 6

PAYMENT OPTIONS

Early Bird, pay before 15 August	👥	$ 1,680 per person
Book now, pay before 30 September	👥	$ 2,040 per person
Pay full rate from 1 October	👥	$ 2,840 per person

*He who does not understand your silence
will probably not understand your words*

- Elbert Hubbard

Sleeping | Room Options

UPGRADE LUXURY

ENSUITE | SLEEPS 👤👤 | AVAILABILITY = ONE ROOM

PAYMENT OPTIONS

	👤	👤👤
Early Bird, pay before 15 August	$ 3,210	$ 2,130 per person
Book now, pay before 30 September	$ 3,560	$ 2,480 per person
Pay full rate from 1 October	$ 4,360	$ 3,280 per person

FLOOR PLAN
UPPER LEVEL

BOOKING

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debMaes
THE LEADER'S COACH

www.debmaes.com.au/mindfulness-retreat/iris