

Inner Realm Immersion Sanctuary (IRIS)

Essential Mindfulness Retreat
LEVEL 1

DATE/TIME:

STARTS : Thursday 20 March 2025 (from 4pm)
ENDS : Sunday 23 March 2025 (around 11am)

OPTIONAL:

Extended departure time - accommodation included
Monday 24 March (11am)

VENUE:

Bellbird, Hunter Valley NSW

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

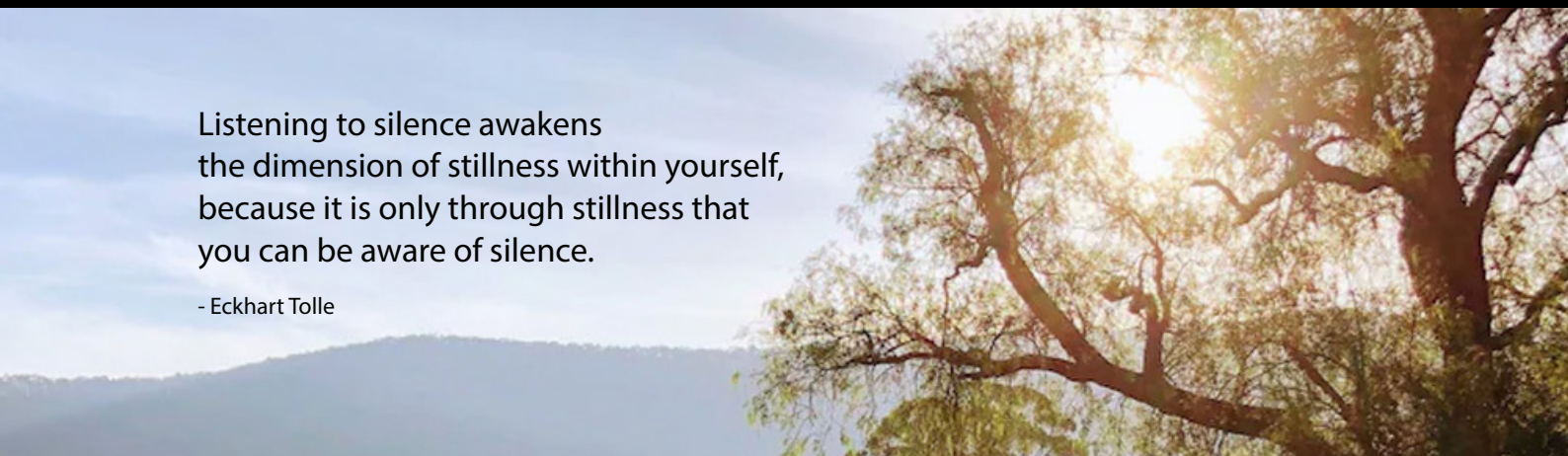
INCLUSIONS:

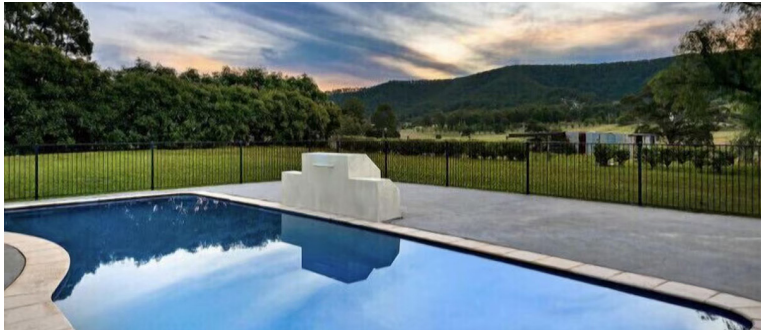
Accommodation | Meals | Resources | Qi Gong/Yoga
Facilitation | Sensory Activities | Mindful Activities

Places
are limited
and
filling fast

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.

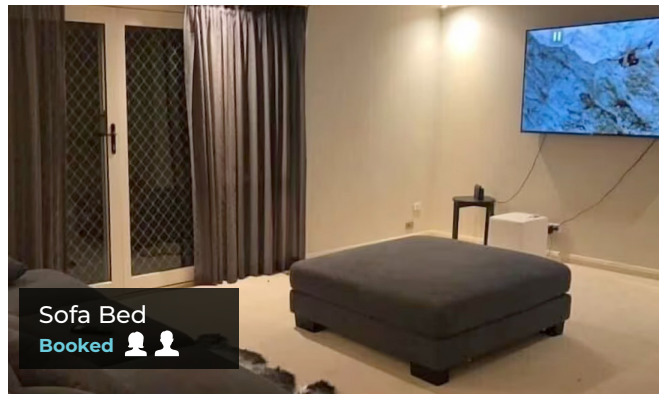
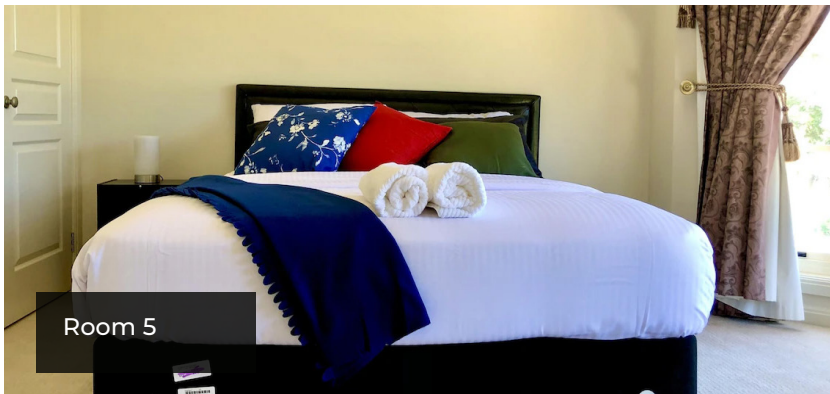
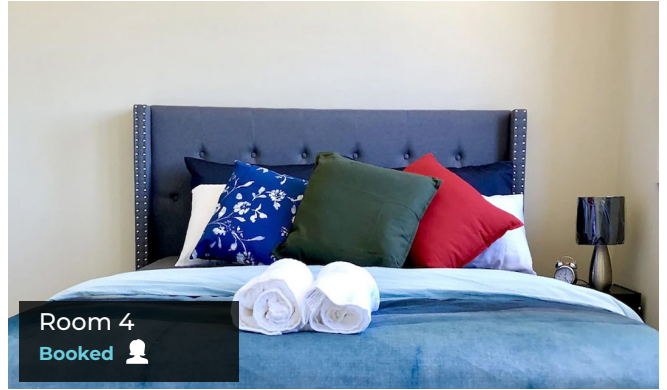
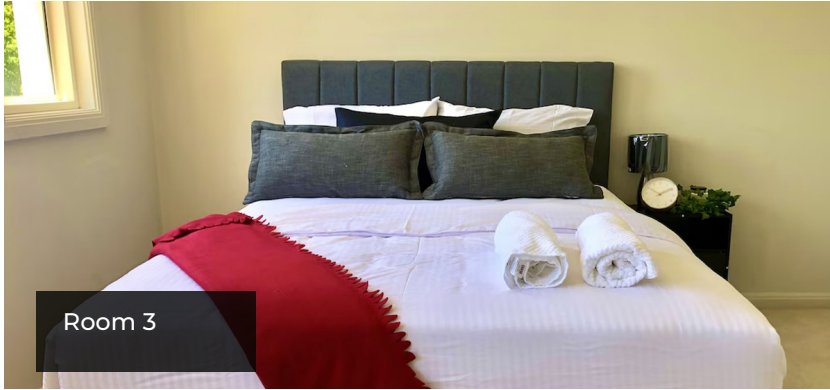
If you prefer more than base accommodation; which is share a bed and/or share a room, there are upgrade options available.







Sleeping | Room Options

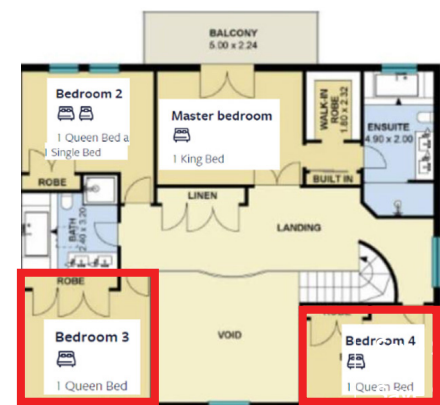
BASE FEE

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



PAYMENT OPTIONS

Early Bird, pay before 19 January	 \$ 980 per person	 \$ 1,850
Book now, pay before 16 February	 \$ 1,330 per person	 \$ 2,200
Pay full rate from 17 February	 \$ 2,130 per person	 \$ 3,000



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 19 January	 \$ 1,680 per person
Book now, pay before 16 February	 \$ 2,040 per person
Pay full rate from 17 February	 \$ 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 19 January	 \$ 3,210	 \$ 2,130 per person
Book now, pay before 16 February	 \$ 3,560	 \$ 2,480 per person
Pay full rate from 17 February	 \$ 4,360	 \$ 3,280 per person



FLOOR PLAN UPPER LEVEL

BOOKING

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