

Zee's retrEAT

Recharge - RetrEAT -Reconnect

I am so looking forward to sharing my retrEAT with YOU.

The accommodation is a **beautiful 5 bedroom house with a pool and lots of space** to hang around.

It's a **5-minute walk from the lake** where you could watch the sunrise from one side of the lake and the sunset from the other side of the lake. Pure magic!

The address is **25 Queen street Balcony** (one and a half hours from Sydney)

Please let me know ASAP if you have any food allergies OR food that you don't like.

Also, I would love to know **if you have any special requests** regarding what you would like to know more **about cooking** and **specific ingredients you would like to learn how to use.**

Email me...

Subject line: Food

Allergies:

Don't like:

Special requests:

The following is the general retrEAT itinerary which may be slightly different depending on which way the wind blows (-;

Friday 18/3/22

- Check-in from 2 pm
- Settle into your room and enjoy the beautiful space.
- 4 pm welcome drink and introduction circle followed by a gentle stretch class to stretch from the drive.
- 5 pm let's start cooking!
- Get into the kitchen with me and get inspired!
- 7 pm dinner followed by dessert workshop

Saturday 19/3/22 (Day-tripper will join from 8 am-8 pm)

- Rise and shine your time OR join me to watch the sunrise by the lake where you can choose between sitting quietly and meditating or stretching with me while the sun is rising above us.
- 8 am learn how to make my famous Shakshuka eggs followed by breakfast!
- 10 am -11:30 pm free time to enjoy the pool, read a book, journal, make new friends, walk by the lake, book a massage (extra cost, limited spots contact me in advance to book yours) or just BE.
- 12:00 pm Grazing board master class where you will learn how to make dips from scratch and how to prepare a delicious, breathtaking, mouthwatering grazing board.
- We will also prepare our lunch together.
- 1 pm Graze the grazing board and lunch
- 3 pm-4:30 pm free time enjoy the space, book a massage, read by the pool, watch an inspirational movie or join my cooking class about how to create delicious meals with "Zee's love in a jar" products
- 5 pm Yoga class with the incredible Sasha from "Yoga by the sea"
- 7 pm Dinner time followed by a dance party

Sunday 20/3/22

- Sleep in or watch the sunrise and move/ be still (YOUR choice)
- 8 am cooking class about how to make breakfast with available ingredients in the kitchen and use leftovers to create a new meal (“something out of nothing”) followed by breakfast
- 10 am take the last couple of hours to enjoy the space and journal about your experiences over the weekend.
- 12 pm closing circle until we meet again.

*Please bring with you Tupperware so you can take it home with your leftover food (in case we have any food left)

Cancellation and Refund Policy

1. Booking is non-refundable
 2. If a course, retreat, workshop, or event is canceled by Retreat Time, you will receive a full refund.
 3. In circumstances such as illness, personal difficulty, or change of circumstances, payment may be transferred to participation in the course, retreat, workshop, or event at a later date if the course or event is available in the future. Requests for such transfer of payment are to be made in writing to Retreat Time.
 4. You may transfer your registration fees for any course, retreat or workshop, or event to another person (a transferee) at no cost. Please notify Retreat Time in writing prior to the commencement date.
 5. Course dates, details, and locations are subject to change.
- I'm excited to be your host and share wonderful experiences with you all in a beautiful space. Call my **mobile 0404724069** or **email me zeesloveinajar@gmail.com** if you need assistance on finding the address, travel safe, and look forward to seeing each and every one of you.