

*Julie Meek's Margaret River
Spring Recharge Retreat*

11 - 15 November 2021





Living the sweet life

Join Julie Meek for 5 days and 4 nights, in the spectacular South West region of Western Australia.

Imagine daily walks on the Cape to Cape track, nurturing yoga and mindfulness practice.... in addition to locally produced, home made delicious healthy food and local wine. And then, imagine taking the time to read that book or just chill and relax.....

ABOUT Your Retreat

We will begin each day with a fresh, healthy breakfast, which is the perfect fuel for our daily walk along the picturesque Cape to Cape Track. Each day we have the opportunity to experience a new part of the track and our walks will take us through forest scenery, alongside sandy beach paths and across clifftops, all with breathtaking ocean views as the stunning backdrop.

Yoga is part of each day and is the perfect way to stretch and relax. You don't need any previous yoga experience to benefit from all it has to offer. Athanae is a master at accomodating all levels and capabilities.

Julie has designed this retreat for you to experience a lot with great ease and with plenty of wide, open spaces in the itinerary to relax and/or explore on your own or with others. One fee covers all, which has been outlined in detail below.

This retreat is OPEN TO ALL LEVELS of yoga (including beginners), fitness, health and life experience. We look forward to taking this amazing journey and celebrating the practice of a healthy life with you.

Julie xxxx



Retreat Inclusions

In addition to our magical stay at The White House in Margaret River, this Spring Recharge Retreat has these fabulous inclusions:

- ▶ 4 nights accommodation (including linen and towels) at The White House + all meals and snacks
- ▶ Home made food created with love by Julie Meek (3 meals/day + snacks + local wine for dinner)
- ▶ Unlimited fruit, water, coffee and tea throughout the day
- ▶ Activities and excursions as listed below

YOGA + meditation

Through yoga + meditation you will experience an elevated state of creativity and physical vitality to better enjoy the South West and all of it's delights.

NUTRITION + performance + well-being

Each day, Julie will share a bite sized strategy or tactic that you can weave into your life, to enhance your personal productivity, well-being and performance. You will also be able to gather many recipe ideas and tips as Julie prepares the food. All recipes are provided.

CAPE TO CAPE Walks

The Cape to Cape Walk Track runs for 123 km's along the Leeuwin-Naturaliste Ridge, between the lighthouses of Cape Naturaliste and Cape Leeuwin. It features spectacular coastal and forest scenery, a fascinating geology of cliffs, caves, headlands and rock formations and an ever-changing display of vegetation and wildflowers. It is ours to discover each day at the retreat.

WINE Tasting

We will have the opportunity to visit Willespie Wines, one of the first wineries established in the Margaret River region. The truly boutique wines of the family owned winery are distinctively Margaret River, which we will discover through a personalised wine tasting.



Other Inclusions

- ▶ Use of the WIFI
- ▶ Laundry facilities for use by guests

Retreat Exclusions

- ▶ Travel to the South West
- ▶ Travel insurance
- ▶ Other personal travel related expenses outside of the retreat
- ▶ Other optional excursions or activities not included in the retreat

Retreat Investment

\$1299 inc. GST

For further information and to register

email: retreat@juliemeek.com.au

Upon registration, you will be given all retreat information, packing list and a full itinerary.



About the Venue

The WHITE HOUSE @ Wallcliffe Farms is close to the beach, golf course, wineries, caves and forest. Situated on the picturesque Wallcliffe Farms, you will be delighted with the seclusion, panoramic views and the luxurious home.

The house is set on 3.5 acres of native bushland that slopes down to adjoining properties and the Margaret River.

About the Food

The retreat menu is diverse and made with locally sourced ingredients. Julie will be preparing deliciously fresh dishes based on what is in season and as we are in Margaret River, we do indulge in local cheeses, breads, wines + other delights. Of course, we also offer plenty of healthy choices with nuts, seeds, legumes, plenty of vegetables, salads, grains, fresh fruit & yogurt.

Upon request, Julie is able to cater for various dietary requirements.

About our teachers

Julie Meek

On the professional front, Julie is a Performance Specialist and Dietitian.

She also loves to travel - especially to Italy where together with her family, has renovated an 800 year old apartment. Julie is passionate about creating wellness through high performance health - and this is exactly what you will experience at the retreat.

Julie has been running retreats in Italy for the past six years but with current travel restrictions, she is now able to offer retreats in Western Australia.



Skaya Hedstrom

Yoga facilitator and Ayurvedic practitioner.

Skaya offers practices which encourage and nurture the student to feel into the experience.

Practices are supportive, filled with creative sequencing, breath and pauses to rest and observe.

Skaya has recently returned after three years living in India facilitating on yoga teacher trainings and immersing herself in Yoga and Ayurveda studies.

