



*Julie Meek's
Winter Recharge Retreat*

9 - 13 June 2022



Living the sweet life

Join Julie Meek and Athanae Lucev for 5 days and 4 nights, in the spectacular Porongurup region of Western Australia.

Imagine daily walks, 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 in the Porongurup National Park. Each day we have the opportunity to experience a new part of the ranges and our walks will take us through stunning granite domes and exhilarating views of the landscape.

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 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 Bolganup Homestead in The Porongurup's, this Winter Recharge Retreat has these fabulous inclusions:

- ▶ 4 nights accommodation (including linen and towels) at Bolganup Homestead + 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 Great Southern region and all of its 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.

PORONGURUP Walks

The massive ancient granite domes of Porongurup National Park rise 670 metres, giving extensive views of the landscape, especially from the the Granite Skywalk suspended on Castle Rock. Spectacular walks are ours to discover each day at the retreat.



Other Inclusions

- ▶ Use of the WIFI - although please note it is patchy
- ▶ Laundry facilities for use by guests

Retreat Exclusions

- ▶ Travel to the Porongarup Ranges
- ▶ 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

Bolganup Homestead is a heritage farm, owned and run by the Faulkner family for over 100 years at the base of the ancient Porongarup Ranges and National Park.

You will be delighted with the seclusion and stunning panoramic views of the Ranges and Bluff Knoll. Share the love of country, enjoying fireside drinks, and having breakfast with birdsong on the verandah.

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 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.



Athanae Lucev

Athanae is a Yoga and Pilates teacher. A devoted client for many years, Athanae took the plunge into teaching after a career in journalism, politics and government relations in Perth. Specialising in vinyasa (flow) and yin (restorative) yoga and mat pilates with smart use of props, Athanae brings a joyful, informed, pragmatic and compassionate approach to her retreats and classes, which can be tailored to suit any age, group and level of ability. When not teaching, Athanae loves exploring new places, cooking, hiking and writing.

