

Reform.



MANSFIELD
ESTATE

REFORM WELLNESS RETREAT

30th April - 2nd May 2021

10th September - 12th September 2021

Mid North Coast NSW Australia



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A health and wellness retreat set amongst nature on 600 private acres with panoramic views towards the ocean.

The lush valley offers the perfect space, privacy and setting amongst nature to take what you need and leave what no longer serves you.

A little different from our usual getaways, we want this experience to be one in which you can truly 'Retreat'.

Take three days away from your schedules and responsibilities in order to stop, breathe and invest in every part of your wellbeing.

Whether you are seeking time out, are wishing to improve your knowledge base around health and wellness or would simply like the opportunity to connect with likeminded people; this retreat will be tailored for you.

What you can expect:

- Accommodation in your room of choice at Mansfield Estate Eco Retreat - Queen Suite, Double Suite, Twin Suite or Shared Room (Double bed with single bunk)
- Breakfast, Lunch & Dinners by Nourish Meals (all dietary preferences catered to)
- Functional Fitness sessions
- Yoga & Deeply Restorative Meditation Classes
- Ceremonial Cacao Circle to open, set intentions & get to know each other
- Sound Healing Meditation under the stars
- Personal Reiki Healing with renowned Holistic Healer Rebecca Bosco
- Education Based Workshops centred around achieving, improving and maintaining optimal health levels & results
- Reflection Circle where we dive into previous conditioning, self-limiting beliefs and rewriting our stories
- Plenty of free time to head for a stroll down to Queens Lake, a bushwalk on the lush property, a trip to any of the local beaches, a hike up North Brother mountain, lounge by the pool, explore local cafes and restaurants, sit around the campfire
- Reform Wellness Training Singlet





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Day One:

- Settle in and explore the captivating grounds of Mansfield Estate
- Strength & Conditioning session
- Free time: Grazing table, pool swims & the opportunity to connect with others
- Cacao Ceremony & Intention Setting
- Sound Healing Meditation

Day Two:

- Sunrise Training Session
- Breakfast by Nourish Meals
- Education Based Workshop
- Lunch by Nourish Meals
- Free Time/Reiki Healings/Tarot Readings
- Light Early Dinner by Nourish Meals
- Yin Yoga & Meditation

Day Three:

- Sunrise Yoga Flow
- Breakfast by Nourish Meals
- Free Time / Reiki Healings / Tarot Readings
- Self-Reflection / Sharing Circle

Please note this itinerary is open to change pending collaborator's schedules and weather conditions.

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PACKAGE PRICES

Package Prices are as follows:

Self-Contained Queen Package (larger room):

One Person: \$1,300.00

Two people: \$1,000.00 each

Queen Package:

One Person: \$1,200.00

Two People: \$950.00 each

Note: There are 2 x rooms with a Queen Bed & a bunk bed if you would like a cheaper option and would like to share with family / friends.

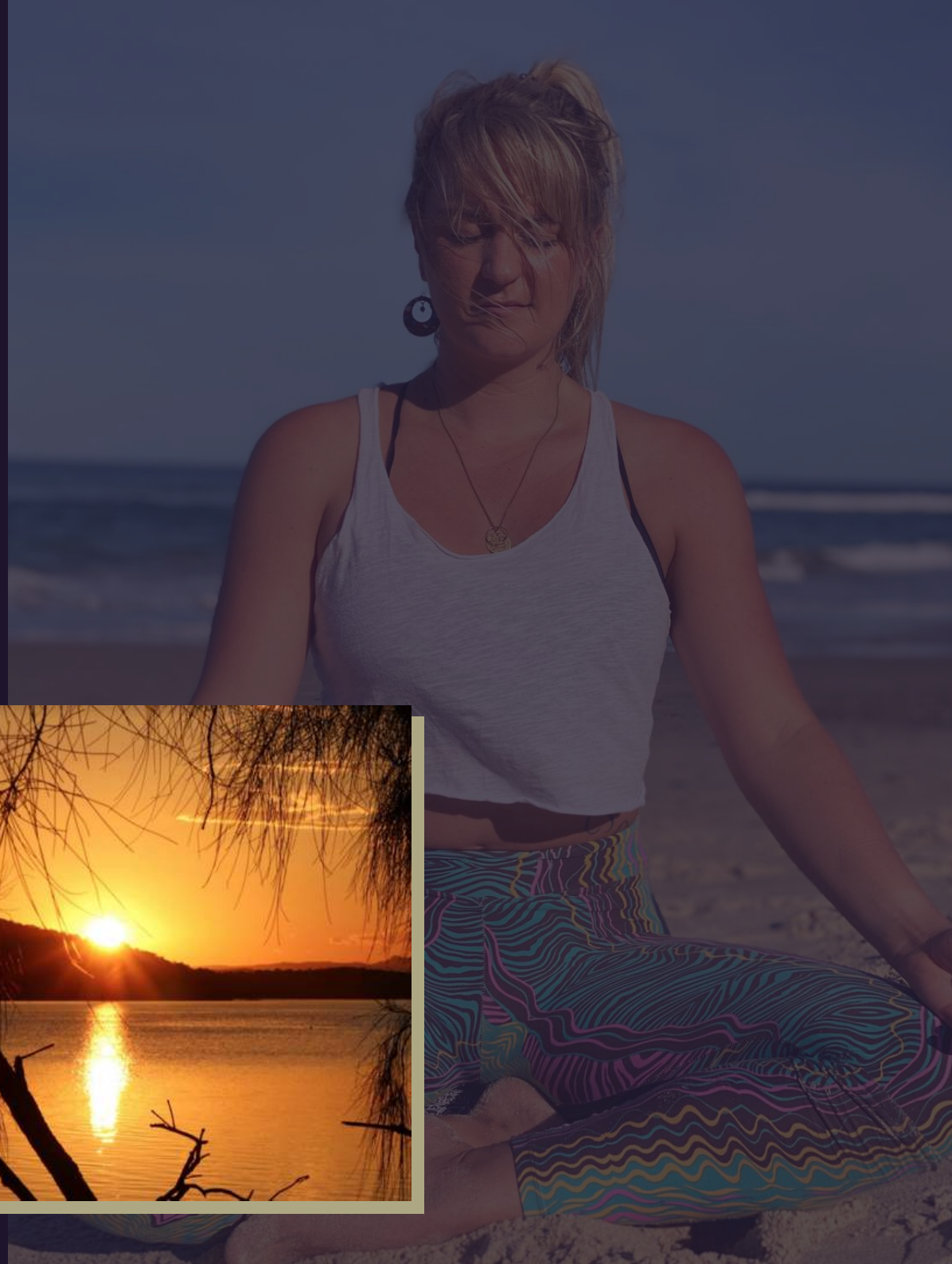
Double Package:

One Person: \$1,100.00

Two People: \$850.00 each

Twin Package (King Single):

Per Person: \$1,000.00



Reform. BOOKINGS

Email Reform Wellness
reformwellnesspmq@gmail.com

Your Instructors from Reform Wellness:

Kahlee Johnstone
Clinical Nutritionist, Clinical Naturopath & Yoga Teacher

Sammy Manton
Social Worker, Personal Trainer & Level 1 Strength & Conditioning Coach

Deposits:

Reform Wellness require a \$250.00 non-refundable deposit to secure your room and spot on the retreat with options to pay the total amount in full or in regular instalments.

Note that 50% of total payment is due three months from retreat start date, with all final payments due four weeks prior to retreat commencement. See terms and conditions for details.

Please make all payments via Bank Transfer to:
REFORM WELLNESS
BSB: 062592
ACC: 10905169

Please state your name and retreat as a reference. Once processed we will email you an updated invoice and/or receipt.





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THE ECO RETREAT

Situated 30 minutes from Port Macquarie near Camden Haven on the Mid North Coast. 5 hours from Sydney and 6 from Brisbane.

Facilities

- Fully equipped commercial kitchen
- Alfresco dining area and fire pit
- Lounge area with ocean views
- Swimming pool
- Recreation zone with:
 - mezzanine gym, half-court basketball, games room and audio-visual facilities
- Large communal dining area
- Cosy media room
- Covered outdoor BBQs and pizza oven
- Laundry

The 13 Guest Rooms capture ocean breezes and treescape views and the accommodation connects to the function venues with covered accessible pathways.

Property features:

- Direct access to Queens Lake
 - Direct access to Jolly Nose Mountain Bike Park and State Forest
 - Koala corridor of bushland and forest
 - Gateway to award winning Mid North Coast attractions and tours
 - Five minutes to Grants Beach and Camden Haven waterways
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We're eco approved. Mansfield Estate is the first 'eco-tourist facility' approved under the Port Macquarie-Hastings Council Local Environment Plan.



The land matters. The property safeguards an important link between Bunyah Local Aboriginal Land and Queens Lake Nature Reserve and preserves core koala habitat.



Green power. Off-grid power and water including 50kW solar panels, 260,000-litre water tanks and three large dams for other water uses.



Sustainable Building. Design features include Bamboo flooring and repurposed shipping containers for an eco friendly build.



Green cleaning. We don't use any harsh chemicals and choose eco-friendly products to clean and maintain Mansfield Estate.



We've given back to the land. We've planted new native trees to offset our carbon footprint.



We care for our furry friends. We partner with the Koala Hospital to give a home to recovering koalas injured in the wild.



As a gift we plant a tree for every couple who gets married at Mansfield Estate as part of our promise to protect the environment for future generations.



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Sustainability is more important than ever for people and the planet.

At Mansfield Estate we've created a unique eco conscious property committed to low impact, sustainable and ethical tourism and events.

Guests are reminded that Mansfield Estate is 100% off the grid. We're reliant on 50kW solar panels and 260,000-litre water tanks.

Please be considerate of our eco principals during your stay.