



WATER FEATURE
Enjoy a bush break
at Billabong Retreat



FOR THE WHOLE PACKAGE...

Billabong Retreat, NSW

Billabong Retreat is just 45 minutes north-west of Sydney. In a stunning bushland setting, you can take part in everything from yoga to spa treatments and meditation classes. Organic wholefoods are on the menu and there's an array of nutrition talks and cooking workshops. If you're creatively inclined, try an art, drawing or

photography workshop. For personal development, book into the emotional intelligence workshop to learn how to observe and respond to your emotions. With so much on offer, you just need to determine how long to stay to enjoy it all.

Price: From \$400 per person for two nights. Many activities are included; some are extra.

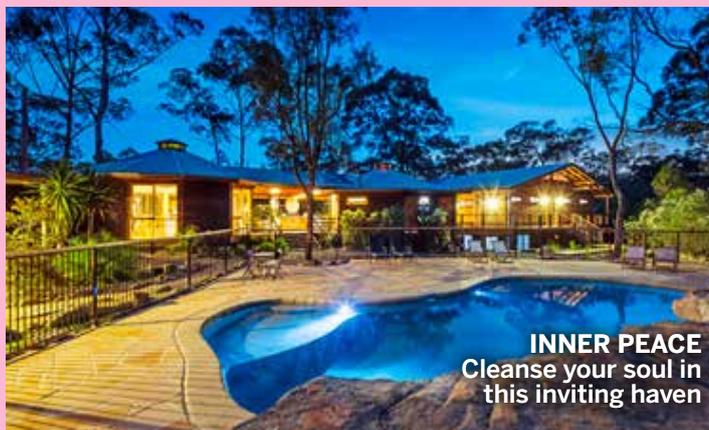
More info:
billabongretreat.com.au

'I've never felt so relaxed'

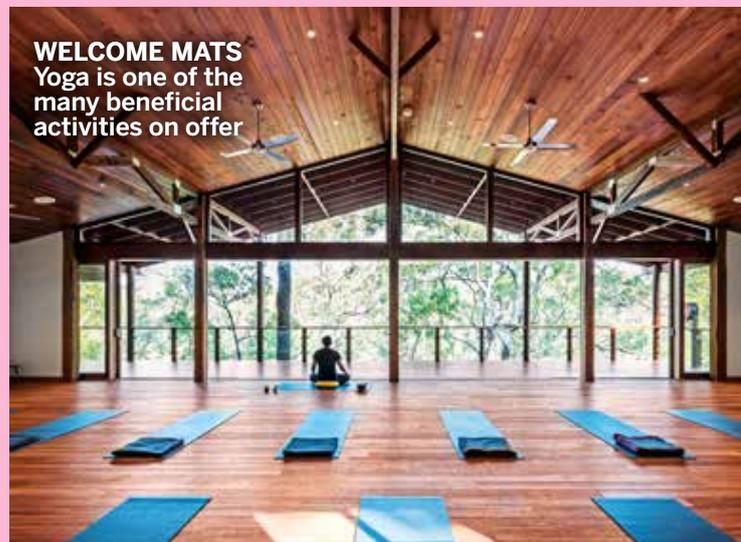
After recovering from breast cancer, Ilona Carrera, 65, visited the Billabong Retreat for six days of relaxation and rejuvenation

"I finished chemotherapy in May last year and although I was looking great, I wasn't feeling great. I was looking for somewhere I could get in tune with myself again, so I booked into Billabong Retreat. It was such a calm and relaxing atmosphere. While there, I did three hours of yoga each day, ate incredible vegetarian, gluten-free food and took part in cooking lessons. I also had a massage and a facial and soaked up the podcasts and books on offer. I was on cloud nine!

"Now that I'm home, I've got ideas for how to prepare incredible healthy meals and I drink filtered water – tap water tastes too much like chlorine! I've done lots of travelling, but this was completely different. It was about focusing on the mind and body. I can't wait to go back!"



INNER PEACE
Cleanse your soul in
this inviting haven



WELCOME MATS
Yoga is one of the
many beneficial
activities on offer