



ELYSIAN
WHITSUNDAYS AUSTRALIA



SoulScape

Elysian - the most secluded island retreat in the Whitsundays and the first entirely solar powered resort on the Great Barrier Reef - launches Elysian SoulScape Wellness Retreat this November. A five-day serene sojourn into the tropics, the retreat seeks to provide a wellness prescription for life.

At its core, Elysian SoulScape Wellness Retreat lays the foundation for a journey towards uncovering the happiest and healthiest version of yourself. With daily yoga and meditation, sound and crystal bowl sessions, evening fire circles and spa treatments on offer in addition to snorkelling and a day out to explore the Whitsunday Islands - the retreat has something for everyone.

Ocean therapy for body, mind and soul...

The five-night retreat from November 18 - 23 seeks to provide guests with wellness practices that will stay with them long after the retreat is over.

With two thought leaders in Lee-Ann Lovegrove and Robyn Harris present at the retreat, guests are sure to take away invaluable tools for practicing mindfulness in everyday life. Lee-Ann will teach sessions in self-love, ways to identify thinking patterns that are potentially holding you back, and tools to both understand and manage stress.

PACKAGE INCLUSIONS:

5 nights accommodation

Boat Transfers from Shute Harbour or Hamilton Island on a scheduled service

All gourmet meals & snacks – plant based nutritional food /smoothies/ snacks

Yoga 1-2 times daily

Meditation / relaxation

Laughter Yoga

Workshops – Kombucha / Fermentation

The Happiness Prescription Workshops

1 x 60-minute Spa Treatment

1 x Natural Therapy Session

Snorkel gear / Glass Bottom Kayaks/ Paddleboards

Outdoor Mineral Pool

Day Trip to Whitehaven beach & Exploring the Whitsunday Islands

A Gift Bag

PRICES ARE

DAILY SCHEDULE



Arrival Monday November 18

Day 1 - Depart Shute Harbour/Port of Airlie or Hamilton Island 1pm :

Show to rooms / Fresh Juice on Arrival / Relax

3.30-4.30 – Welcome / Mocktails & Canapes

4.30 – 6.00 – Mindfulness Movement with Breath

6.30 – 7.30 – Dinner

Evening Fire

Opening Circle

Day 2 –

7.30 – 9.00 – Meditation then Morning flow / Vinyasa

9.00 – 10.00 – Breakfast

10.00 – 12.00 – Workshop - The Happiness Prescription - Refuel Your Self Love Tank / Foundations of Self-Love

1.00 – 2.00 – Lunch

2.00 – 4.30 – Relax/ pool/ water activities

4.45 – 6.15 – Sunset Yoga

6.30 – Dinner

Evening Fire

- Meditation – Healing of the Energy Centers (Chakra's)

Day 3 -

7.30 – 9.00 – Meditation then Morning flow / Vinyasa

9.00 – 10.00 – Breakfast

10.00 – 12 – Relax/ pool/ water activities

- time to book in spa treatments/massages or healing modalities available

12.00-1.00 – Workshop with chef. Make your own Kombucha / The art of fermentation

1.00 – 2.00 – Lunch

2.00 – 4.30 – Relax/ pool/ water activities

- time to book in spa treatments/massages or healing modalities available

4.45 – 6.15 – Sunset yoga / meditation / Yoga Nidra

6.30 – Dinner

Evening Fire

- Yoga Nidra

Day 4

7.30 – 9.00 – Meditation then Morning flow / Vinyasa

9.00 – 10.00 – Breakfast

10.00 – 12 – Relax/ pool/ water activities

- time to book in spa treatments/massages or healing modalities available

12.00-1.00 – Workshop with chef. Make your own Kombucha / The art of fermentation

1.00 – 2.00 – Lunch

2.00 – 4.30 – Workshop - The Happiness Prescription - Change your Thinking, Change your Life

4.45 – 6.15 – Sunset yoga / meditation / Yoga Nidra

6.30 – Dinner

Evening Fire

- Sound Meditation

Day 5

7.30 – 9.00 – Meditation then Morning flow / Vinyasa

9.00 – 10.00 – Breakfast

10.00 – 4.30 - Day trip to Whitehaven Beach, exploring the Whitsunday Islands, snorkelling, with beach picnic for lunch

4:45 – 6.15 – Sunset yoga / meditation / Yoga Nidra

6.30 – Dinner

Evening Fire

Closing Circle

Day 6

7.30- Morning Meditation

7:45 - Breakfast

9am - Departure from Elysian to Shute or Hamilton Island

This package includes:

5 nights accommodation

Boat Transfers from Shute Harbour or Hamilton Island on a scheduled service

All gourmet meals & snacks – plant based nutritional food /smoothies/ snacks

Yoga 1-2 times daily

Meditation / relaxation

Workshops – Kombucha / Fermentation

- Happiness Prescription

1 60 minute Spa Treatment

1 Natural Therapy Session

Snorkel gear / kayaks/ paddleboards

Outdoor mineral pool

Day Trip to Whitehaven beach, snorkelling & exploring the Whitsunday Islands

What's not included

Helicopter transfers

Alcoholic beverages

PRESENTING AT THE RETREAT:



Lee-Ann Lovegrove is an Emotional Fitness Coach with a belief that we are all capable of living a life that we love.

This belief inspires Lee-Ann to support others as they learn how to create their own Happiness Prescription.

She holds qualifications in Modern Psychology including Hypnosis, Neuro Linguistic Programming, Time Line Therapy, Emotional Freedom Technique, Counselling, Coaching, Vinyasa Flow Yoga, Laughter Yoga, Human Resources and Business.

Lee-Ann is also an accredited and licensed Heal Your Life® Workshop Facilitator & Life Coach authorised by Hay House, to facilitate and teach the philosophies of Louise Hay and other renown self-improvement teachers.

Blessed with a beautiful daughter, who inspires her daily and a loving supportive husband. She is passionate about the pursuit of self-growth and personal learning. Loving the ocean, Lee-Ann resides in coastal town of Yeppoon, Queensland, Australia.

Wellness Workshops Include :

Refuel Your Self Love Tank

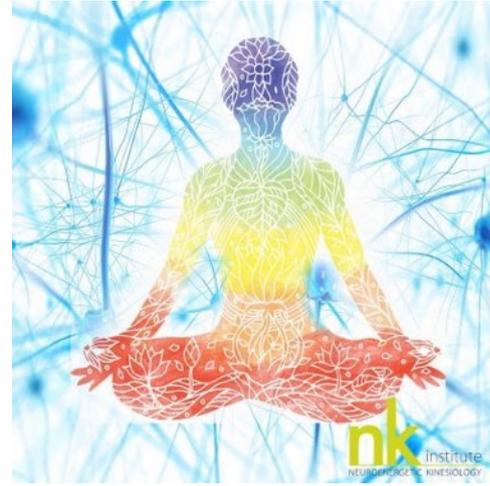
As part of this workshop, guests will receive the space & tools to:

- Develop their understanding of self-love & why it's essential to their well-being & happiness as self-love definitely isn't about shopping sprees & facials
- Identify areas of their life that may be lacking self-love
- Explore ways to increase their level of self-love & enhance their life
- Obtain the understanding that they are worthy of their own love

Change Your Thinking, Change Your Life

As part of this workshop, guests will receive the space & tools to:

- Develop their understanding about how their mind works & how it gets up to mischief behind their back
- Identify thinking patterns that are potentially holding them back from the life they say they want
- Explore ways to change these patterns & develop a personalised support plan
- Obtain the understanding that they are the creator of their life & that they get to decide what they experience
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Robyn Harris

Advanced Bowen Therapy and Neuro Energetic Kinesiologist

Using a holistic approach to self-healing, Robyn encourages unity between your Body, Mind & Spirit enabling you to tap into your innate inner wisdom.

Robyn has been involved within the health industry for over thirty years and is trained in a variety of modalities including Advanced Bowen Therapy and Neuro Energetic Kinesiology.

Being very passionate about health & well-being, Robyn gains great pleasure from assisting clients to free themselves from their emotional & physical pain.

Bowen Therapy, is gentle & effective which works on the fascia or soft connective tissue of the body and does not use forceful manipulation. Bowen therapy can be used to treat musculoskeletal or related neurological problems including acute sports injuries and chronic or organic conditions. Bowen Therapy may offer relief from pain, Long-term injuries and illness, improved sporting performance, relaxation, Lymphatic drainage, TMJ, headaches & migraines , Neck/ whiplash , sciatic pain, pregnancy, improved health and flexibility, digestion issues, emotional and mental well being.

Neuroenergetic Kinesiology is one of the most modern and comprehensive systems of Kinesiology in the world. Among the many modalities of kinesiology, Neuroenergetic Kinesiology(NK) is considered by many as the flagship of modern kinesiology and is taught all over the world. It integrates the ancient wisdom from China and India with complex modern scientific knowledge in anatomy and physiology. By removing the blockages or stress from the body, it stimulates the self-healing mechanisms of the body through the energetic anatomy.



Justine Andersen has had a lifelong interest in health and wellness. She started studying massage therapy in her early 20's and around the same time started teaching group fitness classes. Later a host of beauty therapy qualifications with a holistic approach to skin and body health followed. She has been teaching yoga for over 10 years and completed a 3 year bachelors degree in Therapeutic and Sports Massage in 2018.

Within the therapeutic massage field she has found herself drawn towards health and stress management and her yoga qualification complements her therapies. Currently living on a beautiful island being able to share her yoga and massage experience makes her very happy and excited to see where this journey will lead.

EXPLORING THE WHITSUNDAYS



During the retreat you will experience the idyllic island views surrounded by nothing but sapphire vistas. A combination leaving nothing left desired, perfect for exploring those hidden gems of the Whitsundays! Take the ride of your life while cruising through sub-tropical islands with some of the most spectacular ocean views on offer in the Whitsunday Islands!

Experience the best of the Whitsundays at Whitehaven Beach and also self-guided Snorkelling of fringing reefs at Chalkies Beach and the same pure white silica sands as Whitehaven Beach, without the crowds!



Your investment will donate \$50 to adopt a coral with the Reef Restoration Foundation.

Your donation will combine with those of other Coral Crusaders to create a multiplier effect and allow ocean-based coral nurseries to be established on high-value reefs throughout the Great Barrier Reef. The goal is to grow and plant 25,000 new corals to regenerate damaged coral reefs in 3 years. This will accelerate recovery from the recent coral bleaching events and to better withstand future climate impacts.

The Reef Restoration Foundation's Coral Crusaders have been growing corals on coral tree frames in Australia's first ocean-based nursery. This restoration method has been proven to help regenerate degraded reefs overseas and is being piloted for the Great Barrier Reef at Fitzroy Island, near Cairns. This next generation of coral starts as a cutting, about the size of your finger, which is snipped from healthy corals adjacent to the reef that is to be regenerated. The corals are then attached to the coral tree frames in an ocean-based nursery. The frames accelerate the growth of the corals, which are checked regularly, cleaned and measured to ensure there are no signs of disease. As a Coral Crusader your adopted coral will be selected from corals that have withstood the previous two bleaching events and should give the damaged reef the best opportunity to regenerate. The coral growth has exceeded expectations allowing the first new coral colonies to be planted on a damaged reef just eight months after they were harvested for the Great Barrier Reef nursery.

On completion of your adoption of a Coral Branch with 10 corals, you will receive via email, a certificate with your name on it that you can print out or download for your records. You will also receive regular updates on the growth of the coral and further information the work that Reef Restoration Foundation are doing to improve the health and resilience of the Great Barrier Reef.

Be a part of the generation to actively make a difference to the Great Barrier Reef and become a supporter, or adopt a coral, branch, tree or nursery to build a healthier and resilient Reef that will be here for generations to come.