



WELLNESS RETREAT

nourish body, mind & soul

Step away from your routine of daily life and embark on a day of rejuvenation and nourishment at the beautiful heritage listed Ormiston House and gardens overlooking Moreton Bay. This one-day retreat will support you to find inner peace and a deeper connection to yourself. Experience the benefits of connecting with your inner resources to nurture your body, mind and soul.

FACILITATORS

Clinical Psychologists & Directors:

Dr Ilze Grobler & Dr Christina Reynolds

guided meditations, expressive therapy and psycho-education

Dietitian : Tania Logan

mindful eating & nourishing the body

Naturopath : Carine Pieterse

adrenal support & recovery

Sat 27th Oct | 9:00AM - 4:00PM

277 Wellington St, Ormiston

\$370 p/p high tea and refreshments included

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Zest & Infusion



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