

Life by Design retreat



Kinesiologist Katherine Anderson and Peak Performance and Wellness Coach Jen Lewis invite you to join them at Life at Springfield in the beautiful Southern Highlands. Invest in yourself for a weekend of education and self-empowerment, where you liberate your time, reduce overwhelm and live your life in purposeful flow.

THIS 3-DAY TRANSFORMATIONAL EXPERIENCE INCLUDES:

3 days/2 nights luxury accommodation at Life at Springfield

Gourmet meals prepared on-site by local Clinical Nutritionist

Pre-retreat online group connection session

The Life by Design Retreat Programme facilitation & workbook

Morning movement classes by Specialised Physiotherapist

Evening mindful meditation by experienced facilitator

Bonus #1 - 1hr full body massage

Bonus #2 - Naturally-driven wellness gift pack

Retreat packages range from

\$2,495 - \$2,995*

depending on accommodation chosen. See the following pages for all luxury accommodation options.

\$2,100*

for those not requiring accommodation

*all prices are GST inclusive



Luxury Rural Accommodation

3 Days / 2 Nights at Life at Springfield

Immerse yourself in tranquility and comfort, at the Life by Design Retreat held at Life at Springfield - a stunning 20-acre estate in the beautiful Southern Highlands of New South Wales - the perfect setting for change.

Take a deep breath of country air whilst you learn life-changing concepts and settle back in one of many comfortable and beautiful accommodation options on the property.

See pages 3 & 4 to choose the perfect accommodation package to suit your needs.



Completely Nourished

Catering by Clinical Nutritionist Elly Grenfell

Enjoy a delicious and nutritionally-charged menu designed by local Clinical Nutritionist, Elly Grenfell of Health 'n' Harmony Nutrition.

All meals provided will be seasonal and specially developed to suit the needs of busy working women, reducing inflammation, balancing hormones whilst fuelling the mind and delighting the tastebuds.



Pre Retreat Connection

Facilitated by Katherine Anderson & Jen Lewis

The life by Design Retreat is more than just a weekend away.

Committed to the success of their attendees, Jen and Kate provide direct support to all attendees both before the retreat.

This creates the opportunity to establish attendees' intentions and goals for the retreat and connect with other like-minded women prior to attending.

Life by Design
RETREATS

easewellness.com.au/retreats

Life by Design retreat



The Life by Design Programme

Facilitated by Katherine Anderson & Jen Lewis

Taking key learnings from their successful 3-month programme, Kate & Jen have lovingly transformed Life by Design into a streamlined 3-day immersive experience, providing dedicated and uninterrupted time for you to focus on implementing the strategies shared for fast results.

You will be expertly guided through 6 modules, all designed to empower you to create a masterful, and connected life on your terms.



Morning Movement Classes

Facilitated by Specialist Physiotherapist

You're invited to join our morning movement sessions expertly designed by one of our experienced Specialised Physiotherapists.

Start your day by completely connecting with your body as you move through specific sequences to release stress and tension whilst enhancing energy flow and strength.



Mindful Meditation

Facilitated by Experienced Facilitator, Jen Lewis

Wind down at the end of each day with mindful meditation expertly guided by our Neuroscience and Mindfulness expert, Jen Lewis.

This is your opportunity to reconnect with yourself and quieten your mind before heading back to your beautifully appointed accommodation for a restful and rejuvenating slumber.

BONUS #1



Therapeutic Massage

By Experienced Local Massage Therapists

Take time for rest and relaxation and schedule a therapeutic massage during your stay to let go of tension and stress held in your body.

Secure your Individual massage session when you book your retreat.

BONUS #2



Wellness Gift Pack

To Enhance Your Retreat Experience

Receive a beautiful gift pack of naturally-driven products to enjoy at the retreat and beyond.

These products are lovingly chosen from our favorite Ease Wellness suppliers including Smoosh Skin, Scented Drops & Health & Harmony Nutrition.

Choose your Perfect accommodation

AVAILABILITY, ACCOMMODATION & PRICE GUIDE (inc. GST)

Accommodation is first come, first served.
If you are embarking on this journey with yourself, please see private costs.
If you hope to share this experience with a friend, please see shared costs.

PER PERSON COST INCLUDES:

All workshops, activities and classes including meditation, body movement and massage.
Nutritionist-designed organic farm-to-table meals. Beautifully naturally-driven gift pack.
Luxury Accommodation ranging from shared rooms to exclusive super-king suites.



The Rose Room

ROSEMARY HALL

Our most generous suite with sprawling Northerly views all the way to Mount Gibraltar. This delightful spacious bedroom, includes a luxe upholstered Super King bed, sitting area, writing bureau and built-in robes. Ensuite marble bathroom with full-size bath and separate shower. Home to original art by Ketna Patel and Gary Christian, and features handwoven textiles from Bhutan as well as European Chinoiserie. As with all Springfield Bedrooms, the Rose Room has its own reverse cycle temperature control unit.

1x Private Room - Super King with Ensuite

2 Nights Private: \$2,995 p/p

2 Nights Shared Bed: \$2,695 p/p



The Blue Bird Room

ROSEMARY HALL

The Blue Bird Room is a delightful spacious downstairs suite that enjoys Northerly views from the garden to Mount Gibraltar. The suite features an elegant window seat, two luxe upholstered Double Beds, 2 sitting areas, a (gas) fireplace, two writing desks, and armoire. The ensuite bathroom includes separate rooms for shower and toilet. The Blue Bird Room Room also has original art by Gary Christian and as with all Springfield Bedrooms, the Blue Bird Room has its own reverse cycle temperature control unit.

1x Shared Room - Two Double Beds with Ensuite

2 Nights Own Bed: \$2,795 p/p

2 Nights Shared Bed: \$2,495 p/p



The Indigo Room

ROSEMARY HALL

The Indigo Room, upstairs in The Hall is one of two loft bedrooms. Above the luxurious Queen Bed is a loft with a single daybed. John Olsen Art is paired with Tigger Hall's Nine Muses fabrics to create a simple light-hearted theme to this beautiful East-facing space. This room also has a stylish and comfortable lounge chair and a built-in robe. It shares the adjacent bathroom with Avocado Room. As with all Springfield Bedrooms, the Indigo Room has its own reverse cycle temperature control unit.

1x Private Room - Queen Bed, Shared Bathroom (with Avocado Room)

2 Nights Private: \$2,795 p/p

2 Nights Shared Bed: \$2,495 p/p

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The Avocado Room

ROSEMARY HALL

Upstairs with stunning Northerly views to Mt Gibraltar.
Two single white cast iron beds decorated with deliciously soft mohair throws and Tigger Hall's Nine Muses fabrics. The room has one desk and is light, airy and fun with a quirky collection of books, decor and art by local painter Scott Pollock.

Avocado Room is one of two loft bedrooms. Above the desk and builtins is a loft with a single daybed. This room shares the adjacent bathroom with Indigo Room.

1x Shared Room - Two Single Beds, Shared Bathroom (with Indigo Room)
2 Nights Shared: \$2,595 p/p



The Farm House Rooms

THE FARM HOUSE

The Rosina and Annie Rooms each have Queen beds and built-in robes. Lily has a Queen bed and a storage cupboard. The Farmhouse has 2 bathrooms (one with a bath), a sunny kitchen, dining room and living room with a wood fireplace, large comfy leather sofa, and a writing desk. Interiors are eclectic in style with a focus on upcycled and restored original farmhouse furniture, complemented by MCM dining chairs and sumptuous sheepskins.

3x Private Rooms - Queen Beds, Shared Bathrooms
2 Nights Private: \$2,795 p/p
2 Nights Shared Bed: \$2,495 p/p



The Drover's Rooms

DROVER'S REST

Two identical bedrooms with two King Singles in each room. Each features a window desk with paddock views. In contrast to The Hall & Farm House, they are furnished with a minimalist, Scandinavian flavour.

The bedrooms share a lounge room accessible via an undercover outdoor walkway with a wood-heated fire, dining table, window seats, and lounge chairs. The adjacent tea/coffee service bar, shower, and toilet (state-of-the-art composting unit) are evocative of a 'tiny-house' feeling. Both bedrooms have their own reverse cycle temperature control unit.

2x Shared Rooms - Two King Single Beds, Shared Bathroom
2 Nights Shared: \$2,495 p/p