

# Beyond the Grief Retreat

6 - 9 March 2025

[www.beyondthewidow.com.au](http://www.beyondthewidow.com.au)



## INCLUSIONS

- 4 days and 3 nights twin share at Obi Obi Homestead
- All meals from arrival to departure
- All drinks including beer and wine
- Daily activities
- A personal gift pack
- Nightly Cacao Session around the campfire
- Transport to and from Coolabine Retreat on day 2
- Post Retreat personal 1:1 session with Suzanne
- Retreat Comeback Session - 1 hour Group Connection
- Connection via the Voxer App for 1 month post retreat

## ACTIVITIES

- Equine Connection session - undertaken at Coolabine Retreat, Suzanne's property, with her trained horses. The activity is based on identifying fear and connection.
- Emotional Alchemy Session
- Yoga
- Meditation
- Breath Work
- Imagination Session
- Journalling
- Massage - at an additional cost to you

## BENEFITS

### 1. Community

Providing a safe space for people who have experienced grief to connect and share their stories and experiences.

### 2. Nurturing and Nourishment

Providing a source of physical, emotional and mental tools to assist people who are grieving to be able to open their heart space and deal with life's challenges.

### 3. Purpose

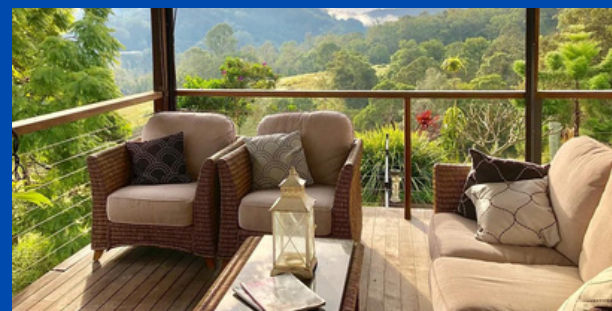
Our activities will support those who have lost someone or something dear to them to find purpose in their lives. To be able to explore new ways of dealing with loneliness that enables them to feel worthy again.

**PRICE - ~~\$3,495~~**

- Quote **BTWR10**
- **Price - \$3,145**
  - Payment Plans are available
  - T&Cs apply when booking

## NEXT STEPS

- Book a 20 minute call with Suzanne to discuss the retreat
- Complete a 5 minute survey to understand where you are on your grief journey.
- If you book before the 1st August you get a 1 hour 1:1 mentoring session with Suzanne



## OBI OBI HOMESTEAD

Unwind and discover the natural beauty, peace and calm of Obi Obi Homestead nestled in the Sunshine Coast Hinterlands.

Set on a 250 acre working property, and bordering obi obi creek the homestead has all the creature comforts that come from country living.