



Sunday 21st October 2018

Arrival at leisure

Check into your One Bedroom Premium Villa at Oaks Cypress Lakes Resort from 2pm.

3pm - 6:30pm: Blissed Out Beauty Treatment

Start your two nights of relaxation in the most blissed out way possible with your choice of a 30-minute facial or massage with the therapists from Sonora Beauty.

7:30pm: Dinner @ Oaks Cypress Lakes Resort

Monday 22nd October 2018

7am - 7:30am: Walking Meditation

Explore the beautiful grounds of the Oaks Cypress Lakes Resort as we take a meditation practice mobile.

7:30am - 8:30am: Gentle Yoga

A gentle yoga class designed to move and awaken the body using simple flowing movement patterns that synchronise your breath with the movement. This will be a flow style class that will relax your mind while stretching your limbs and strengthening your core. We will finish off with some twisting poses to stimulate the digestive system before heading to the breakfast buffet!

8:30am: Buffet Breakfast @ Oaks Cypress Lakes Resort

10am - Midday: Mindfulness Workshop 1 and Morning Tea

This session will explore what mindfulness is, what the benefits are and the physiological effects on your brain. You will uncover your most common thought patterns and habits and explore ways of practically applying mindfulness to your everyday experiences.

Midday: Lunch @ Oaks Cypress Lakes Resort

1:15pm - 5pm: The Biz Gals Hunter Valley Wine Country Tour

We have put together an afternoon tour featuring some of our favourite tastes and places in the Hunter Valley.

First up, we will head to McGuigan Wines for a cheese and wine pairing with the Hunter Valley Cheese Factory and an exclusive tour of the winery. McGuigan Wines received a total of 595 trophies and medals in 2017 and has been crowned International Winemaker of the Year at the prestigious International Wine & Spirits Competition in London a record 4 times!

Our wine tasting experience will continue as we head to one of the Top 10 Cellar Doors in the country according to Gourmet Traveller Wine (and we think the prettiest as well!). Set atop a foot hill of the Brokenback Mountain Ranges, we will have the opportunity to taste a variety of Audrey Wilkinson's delectable wines.

For something a little bit different, we will conclude our tour at the Hunter Distillery, the only certified organic distillery in the Hunter Valley. Here we will have the opportunity to taste a variety of their top shelf spirits including vodkas, liqueurs, schnapps and their award-winning Copperwave distilled gin!

7:30pm: Dinner @ Oaks Cypress Lakes Resort

Tuesday 23rd October 2018

7am: Buffet Breakfast @ Oaks Cypress Lakes Resort

8am - 8:30am: Morning Meditation

Several short meditation sessions (5-12 minutes each) with breaks in between. We will be putting into practice some of the techniques we discussed at our first Mindfulness Workshop.

8:30am - 9:30am: Yin Yoga

A slow-paced class, Yin Yoga accesses the deep connective tissues of the body through long pose holds. This practice calms and balances the body, reduces stress and anxiety and improves flexibility. The perfect way to let go and sink into this retreat's offerings.

10am - 11am: Mindfulness Workshop 2

Expanding on our first session, we will be looking at the effects of mindfulness on your emotional states and discussing ways to continue with these practices back home - including how to access the exclusive Biz Gals meditation resources (included in your retreat package) to support you in your mindfulness journey.

11am - Morning Tea

11:30am - 12:45pm: Goddess Meditation & Movement

Explore your divine femininity as we raise movement and dance to the level of a spiritual art form. You will learn about your three lower chakras and how they relate to your feelings of strength, creativity and power. This workshop encourages you to embrace the Goddess inside - by becoming more comfortable with our bodies and our energy we no longer seek approval from external sources, we can gather and manifest our feelings of beauty from within.

1pm: Farewell Lunch @ Oaks Cypress Lakes Resort