

Thrive Getaways

2025 Weekend Retreats



Weekend Retreats for Women

You do a lot, so let us look after you!

Our 3 night weekend Getaways which are held on a 30 acre pristine property in the Byron Hinterland are designed to meet the specific needs and wants of women with a variety of activities and classes that cater to their specific interests and needs, such as yoga, pilates, meditation, breathwork & ice baths.

Beautiful accommodation, delicious vegetarian meals (with gluten-free & vegan options), activities and classes are all included in the price.

Getaways are limited to between 9-12 guests to ensure an intimate experience and also so we can provide as much personalised attention and support as needed.

Our welcoming, intimate, fun and inclusive environment is perfect for all women regardless of their age, background, experiences or fitness level.

We are confident that you will leave our Getaway feeling rejuvenated and re-energized, with a renewed sense of purpose and direction.

We can't wait for you to experience the benefits of one of our Getaways.

2025 Dates

MARCH 2025

Friday 7th March to Monday 10th March

AUGUST 2025

Friday 29th August to Monday 1st September



Your Hosts – Di & Manda

Thrive Weekend Getaways Classes & Activities

Feel free to do as much or as little as you like – all classes and activities are optional



Breathwork & Ice Bath

Get ready for an invigorating and super-cool experience. Benefits include reducing inflammation, stress & anxiety; relieving sore muscles; supporting your immune system & collagen production; promotes weight loss & metabolism.

Yoga

Enjoy the meditative flow of yoga with our experienced instructor. Yoga brings the body and mind together using movement, breathing and meditation. Our classes are designed to suit all levels.



Pilates

Whether you are new to Pilates or not, it doesn't matter as beginner to advance options are shown to accommodate all physical abilities. Challenge yourself with exercises that build strength and flexibility.

Myofascial Release

Experience our Fascia Release class to enjoy benefits such as reduced muscle tension, improved flexibility, pain relief, enhanced circulation, stress reduction, better posture, faster recovery & boosted immune function.



Thrive Weekend Getaways Classes & Activities Cont.



Fire Ceremony

Join us for a mesmerising fire ceremony, a profound ritual symbolising transformation and renewal. Together, we will release the past and embrace a brighter future in a truly unforgettable experience.

Breathwork

Experience how breathwork can change your life. It nourishes our physical body, boosts our immune system, calms our minds and creates a state of deep relaxation and peace.



Meditation

The property provides many perfect indoor and outdoor spaces which will enable you to fully experience the emotional and physical benefits of our meditations.

Dance Class

Enjoy a fun, low impact zumba class with your fellow guests. It's a great way to have fun and connect with each other whilst exercising at the same time.



Thrive Weekend Getaways Property



The Ranch

The pristine 30 acre ranch in the breathtaking Byron Hinterland is surrounded by nature and wide open spaces to ignite your senses.

Pool

The property boasts a 15 metre pool where guests can swim some laps or just enjoy relaxing in the water or under the cabana.



Spa

Enjoy the swim spa. The spa itself is big enough for 6 guests. Enjoy it on your own or with other guests. It is such a great way to end the day.

Space for Classes

With double doors at each end this space is so open it feels like you are outside. There is also a wood fire in this space for those cold mornings.



Thrive Getaways Meals



Food

Indulge in all-inclusive meals, lovingly prepared on-site with fresh ingredients. Our delicious vegetarian dishes include gluten-free and vegan options, ensuring everyone can enjoy. No matter the weather, we offer a variety of dining options to keep you comfortable and satisfied.

Dinner Dining Space

Join us in our inviting indoor dining space, where all guests are comfortably seated. Enjoy the warmth and ambiance of our cozy wood fire as you savor a delectable three-course sit-down meal with each dinner.



Outdoor Dining Space

Our outdoor dining area, nestled under a charming canopy, overlooks the serene pool. This stunning space is the perfect spot to savor breakfast, lunch, and afternoon tea, creating a delightful dining experience.

Afternoon Tea

Our mouth watering afternoon teas which are served daily cater to everyone's dietary requirements. From fruit platters to freshly baked goodies and everything in between.



Thrive Weekend Getaways Accommodation



King Master Suite

The King Master Suite includes a walk-in robe and an ensuite with a shower and bath. Enjoy your own entry directly to the pool.

Single \$1950

Double \$1618.50 each

Queen Bed Rooms

There are three comfortable queen bed rooms. These rooms have a shared bathroom.

Single \$1295

Double \$1074.50 each



Studio Apartment

Spoil yourself and book the whole studio with it's own outdoor private terrace, bathroom & kitchen to yourself or share with family or friends. Includes king, double modular sofa-bed & single bed. Sleeps up to 4 people.

Single \$3250

Shared (min 3) \$1145 each



Group Room

An extra large room with 2 x queen beds and a set of single bunks. This room is located in the Cabin and has a shared bathroom with it's own separate entry/exit. Sleeps 4-6 people.

Single \$1145 Double (shared bed) \$950 each



Thrive Weekend Getaways Schedule

Everything is optional – do as much or as little as you like!

Day 1 – Friday

PM

- Arrival
- Varous Activities
- Afternoon Tea
- Introduction to Breathwork & Intention Setting
- Guided Meditation
- Guided Walk (Platypus spotting)
- Dinner
- Socialise and Activities Available

Day 2 – Saturday

AM

- Pilates
- Breakfast
- Five Tibetan Rites
- Breathwork & Ice Bath

PM

- Lunch
- Myofascial Release Class
- Yoga
- Afternoon Tea
- Dance Class
- Dinner
- Fire ceremony and sing along

Day 3 – Sunday

AM

- Yoga
- Breakfast
- Breathwork & Ice Bath

PM

- Lunch
- Guided Meditation
- Pilates
- Afternoon Tea
- Breathwork
- Dinner
- Celebratory defrief/feedback/group photo

Day 4 – Monday

AM

- Guided Meditation
- Breakfast
- Departure

Your Amazing Crew



GETAWAY INCLUDES:

- ✓ 3 x nights accomodation on a beautiful picturesque 30 acre property in the Byron Hinterland
- ✓ All meals including afternoon tea (3 x dinner, 2 x lunch, 3 x breakfast & 3 x afternoon tea)
- ✓ All classes and activities (2 x Breathwork & Ice Bath, 2 x yoga, 2 x Pilates, 3 x Meditation, Breathwork, Fire Ceremony, Singing, Dance Class & more)
- ✓ Gift on arrival
- ✓ Complimentary wifi
- ✓ Filtered water

**SEE (PAGE 7)
ACCOMMODATION
FOR PRICING**

GETAWAY EXCLUDES:

- ✗ Airfares, travel & transfers
- ✗ Alcohol - feel free to bring your favourite bottle of wine for dinner

**MAXIMUM
9-12 GUESTS**

Optional Extras



Massage

Take time for yourself and indulge in a massage to release those tight and overworked muscles and to help you to feel mentally and emotionally calmed and soothed.

\$130
hour

Tarot Reading

Get an insight into your situation and determine the best actions to move forward regarding your love life, career or whatever question you may have.

\$50
30 mins

Business or Life Coaching

Coaching can help you make better decisions and cut out self-destructive habits. If you're ready to break out of old patterns, coaching can help you overcome setbacks and achieve new growth.

\$200
hour

Thrive Testimonials

Kim.S

Di and Amanda are a breath of fresh air! Their enthusiasm for life is infectious. They are highly motivated and you just want to be around them. Di is a fantastic person she makes you feel special and included. Amanda is an empath, happy, very caring, warm and nurturing. Together they make a formidable team. They love people and just want to have fun and adventures. I loved being in their company.



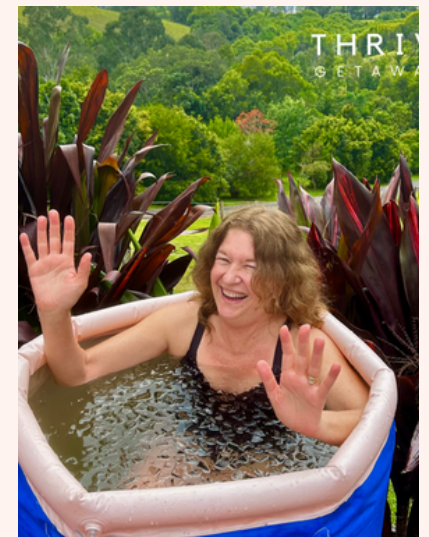
Victoria

My Thrive Getaway was an amazing experience which I really wasn't expecting. I hadn't been to anything like this before and really thought it would be just a nice weekend of doing yoga and eating healthy food., so it was a revelation to me just how good something like this was for myself. I came away from the weekend feeling so positive and bouncing with energy - it was such a good positive experience. Di and Manda and their team of helpers were amazing in creating such a great vibe and cooked amazing meals! Overall, I can't praise Thrive Getaways more.



Kim.P

Thrive getaways surpassed my expectations by a long shot! The food was excellent. The care and friendliness of Di, Manda and the helpers was amazing. There were so many activities organised that I could take part in. I was a bit unsure about the ice bath, but decided as I was there what better time to take the plunge! With the girls consideration and support I did it and it felt great! The setting was so beautiful, peaceful and tranquil. I'll definitely be back!



How It Works

01 MAKE AN INITIAL CALL OR BOOK DIRECTLY VIA OUR WEBSITE

We're here to answer all your questions and will also ask a few to ensure our getaway is the perfect match for your needs. Don't forget to inquire about our special offers and early bird discounts!

0427 026 935

02 CHOOSE YOUR ACCOMMODATION

Choose the accommodation option that suits you best and feel free to ask about additional choices that fit your budget. We're here to help you find the perfect stay!

03 SECURE YOUR SPOT

To secure your spot, we require a 25% deposit or payment in full. Payment can be made via our website or for alternative payment options please contact us directly.



ANY QUESTIONS?

CONTACT DETAILS

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SOCIAL MEDIA

