When was the last time you did something just for you?

Second Spring

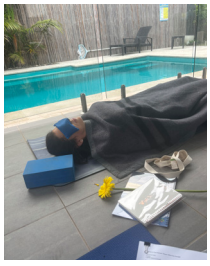
3-Day Boutique Seaside Women's Wellness Retreat.

Awaken your Second Spring

This retreat is your invitation to pause, rest, and embrace the hormonal changes of midlife. To shift your mindset from decline to blossoming into your Second Spring.

Wake to birdsong, experience a gentler menopause yoga, breathwork and meditation, and spend your free time as you choose — walking by the sea, melting into a massage, swimming, or best of all, simply doing nothing.

No pressure. No demands. Just space for you.



Restore, Nourish & Reclaim

Together we will explore powerful new toolkits including yoga, breathwork and meditation to help down-regulate your nervous system, improve sleep, and restore emotional balance.

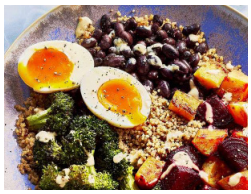
In our beautiful seaside home, our own personal Ayurvedic chef will serve us delicious, nourishing cuisine designed to support your immune system and your body through hormonal changes. Stay for our Ayurveda cooking workshop.

Connect with like-minded women, rebuild your energy, and reconnect with who you are becoming.

This is your time to step into your Second Spring - a powerful new beginning.

Second Spring

Three days. Just you, your mat, and the permission to finally come first.



NOURISH YOURSELF INSIDE AND OUT

Jackie Christopherson
Savour delicious Ayurvedic, plant-based meals.

Jo Bloom - Lomi Lomi Masseur
Open energy pathways, release tension and remove blockages

Dr Daniella Goldberg PhD
Reconnect body, mind, and spirit through empowering practice and talks.

YOUR SECOND SPRING SANCTUARY

Nestled beside tranquil Shellcove Harbour with:

- 5 light-filled rooms (sleeping 12 guests)
- Spa, jacuzzi, pool, and coastal walks
- Quiet spaces to read, journal, and sip chai by the fire
- Leave feeling re-energised, restored, and ready to embrace your Second Spring.

Date: Fri 1st - Sun 3rd May 2026
Where: Shellcove Haven
(2 hours South from Sydney)
Limited Spots: Only 8 women

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WEEKEND RETREAT SCHEDULE

FRIDAY – ARRIVE & UNWIND

4:00 pm	Welcome & Orientation Arrive, exhale, and settle into your seaside sanctuary.
4:30 pm	Rest & Restore Yoga Gentle yoga to release tension and ground your energy.
6:30 pm	Nourishing Dinner Seasonal, wholesome dishes to delight your senses.
8:30 pm	Meditation for Beginners Candlelight meditation for relaxation and restful sleep.

SATURDAY – NURTURE & NOURISH

8:00 am	Morning Walk & Stretch Awaken body and mind with ocean air walk and mindful movement.
9:00 am	Wholesome Breakfast Energising start with a fresh and nutritious brekky.
10:30 am	Yoga & Ayurveda Workshop Flow, balance, and strength — reconnect through mindful movement.
12:00 pm - 6:00pm	Pamper Massage Series Begin for Each Divine Retreater Discover your deeply restorative massage this weekend (all inclusive)
12:30 pm	Ayurvedic Lunch and Learn Cooking Workshop Learn to cook the hormonal balancing meal inspired by ancient wisdom.
3:00 pm	Free Time — Rest, journal, swim, massage or simply be.
4:00 pm	Wild Love Breathwork Session - Energise, awaken, your second spring
6:30 pm	Dinner Under the Stars (Ayurvedic influences) Nourishing meal and soulful conversation.
8:00 pm	Intimacy and Tantra Meditation Heart-opening sound bath and soothing yin yoga.

SUNDAY – AWAKEN & RECONNECT

8:00 am	Morning Sunrise Yoga + Meditation
10:00 am	Breakfast by the Sea Fresh, wholesome and joyful.
11:30 am	Second Spring Manifestation Workshop.
1:00 pm	Farewell Lunch — Celebrate reconnection and renewal.
2:00 pm	Closing Circle — Depart rested, revitalised, and reconnected.

This is a draft Schedule which may change as required. Pamper Massage Schedule will be provided upon arrival