

I'm so excited to share the full details for the **Root & Rise Women's Retreat**, happening **March 6-8 2026**. This weekend has been created with so much intention—space to soften, reconnect, and honour the parts of yourself that often get pushed aside in day-to-day life.

Here's everything you need to know:

Retreat Overview

A restorative and transformative weekend designed for women wanting to recharge, reconnect with themselves, and experience a blend of movement, embodiment, rest, and community. This retreat offers a safe, nurturing space with a balance of guided sessions and plenty of time for you to slow down.

What's Included

- Daily yoga and embodied movement sessions
- One 30 minute relaxation massage
- A self guided hike
- One pass to the Hanmer Springs Thermal pools
- Workshops focused on self-connection
- Nourishing meals (breakfast, lunch, dinner, snacks)
- Beautiful accommodation
- Access to onsite facilities and peaceful outdoor spaces
- A journal for use during the retreat and to take home

Location

A peaceful, private retreat space in Hanmer Springs—surrounded by nature, perfect for rest and reflection. (Full address provided after registration.)

Retreat Dates

Friday 6 March, 2026 - Sunday 8 March 2026

Arrival: 3:30–4:00pm Friday

Departure: 12:00pm Sunday

Pricing - inclusive of all food, activities etc.

\$250 deposit secures your spot

\$950 shared

\$1350 private

\$1450 private w/ensuite

Payment plans are available if needed—just let me know.

Who This Retreat Is For

Women of all ages and levels of experience—absolutely no yoga background needed. Just bring an open heart and a willingness to unwind.

How to Secure Your Spot

Spaces are limited to keep the experience intimate.

You can reserve your place with a deposit, or set up a payment plan. If utilising the early bird discount, all payments must be made by January 14.

To register or ask any questions at all, simply reply to this email.

I'm here to help you decide if this retreat feels aligned for you.

Cancellation Policy

Deposit

- A non-refundable deposit of \$250 is required to secure your place.
- Deposits may be transferred to another person, but not refunded.

If You Cancel Your Booking:

- **More than 60 days before the retreat:**
You may receive a refund **minus the deposit**
- **30–60 days before the retreat:**
You are eligible for a **50% refund** (deposit still non-refundable).
- **Less than 30 days before the retreat:**
Payments are **non-refundable**, as all retreat costs are confirmed by this stage.
- **If you do not attend the retreat:**
No refund or credit will be issued.

If the Retreat Is Cancelled by the Host:

- You will receive a **full refund**, including your deposit

Transfers

- You may transfer your booking to another woman at no extra cost, as long as you notify me in advance.

Payment Plans

- Payment plan installments follow the same cancellation timelines as above.

Travel Insurance

- I highly recommend travel insurance for anyone travelling from outside the area or relying on flights or long-distance transport.

I would absolutely love to share this special weekend with you.
Let me know if you'd like me to hold a spot for you. 

Warmly,
Katie



Alpine Massage

H A N M E R