

“THE KEY TO CHANGE YOUR LIFE
IS TO CHANGE YOUR ENERGY”

Dr Joe Dispenza



GOLDEN AGE
GETAWAY
WEEKEND

BYRON BAY HINTERLAND

15-17 November

INTENTION

Golden Age Getaways retreats are designed to profoundly impact lives, guiding women through a healing journey that addresses physical, mental, and spiritual well-being.

Our aim is to empower women to step into their power, helping them lead lives that are more conscious and intentional. Leaving you equipped with the tools to navigate personal and professional lives with greater awareness and confidence.

Inspired by Mary Magdalene, Golden Age Getaways honors feminine energy and the inner goddess within every woman. We celebrate this divine aspect, offering support and guidance for women to express their confidence, heal themselves, and become more magnetizing and self-aware.

Our intention is to remind women of their innate power... **Your Golden Age.**





WHAT TO EXPECT

Golden Age Getaways offers a sanctuary for nourishing the soul in the scenic Byron Bay hinterlands.

You will have time to reflect, nurture oneself without guilt, and establish self-care routines through rituals.

Pampering treatments such as head and feet massages and shamanic sessions to clear chakras are part of the experience. As well as an in house chef to nourish from within.

We provide practical tools for time management and self-care, helping you integrate these practices into your daily lives.

Expect transformational benefits as you reignite the goddess within by releasing limiting beliefs and habits, transforming into pure light, trust, love, and integrity.

Reconnect with yourself, refresh in nature, and tune into your inner voice and instincts.



DAY 1

Heart - Reconnect

Arrival by 2pm

Settle into rooms & refreshments

**3.30pm Opening Yoga outside facing the distant views
finishing with Yoga Nidra (relaxation)**

The theme of this yoga class is a celebration of the
Divine Feminine Goddess that they are

5.00pm Connection From Heart To Heart

A Women Sharing Circle

Sitting in a Circle is sacred and has been practiced for
thousands of years. All are equal in the Circle.

Dive into a Journey of Remembering your true nature
by reconnecting with the Sacred Feminine and
re-discovering your Divine Goddess within.

Enjoy Sistership. Connection and Community through Ritual, Ceremony, Discussion, Laughter and many other fun activities.

Sharing

- Life up date
- Where we are at
- Our challenges
- How we are feeling
- What we are hoping to get out of this retreat

Receiving Gifts of remembrance

- Friendship woven bracelet made from wool or cotton threads.
- Rose Quartz heart pendant. We will leave the pendant in a glass of water outside overnight to be enriched with the full moon energy.
- Oracle Card

7.00pm Goddess Celebration Dinner

Table settings : Pink table cloth, Red roses, candles
No Alcohol

9.00pm Meditation Before Going To Bed

Guided meditation: The curtains (reflection on the day - opening the gate to all possibilities)





DAY 2

Sound & Vibration - Reflect

7.30am Morning Yoga & + Intention For The Day

8.30am Breakfast and free time

10.00am Workshop

Tribal music & feminine connection

Group Breathwork to move Energy, releasing stuck Energy.
Touching on the importance of the breath and the
nervous system.

11.30am Yoga Nidra (relaxation) with the intention

12.00pm Lunch Break & free time by the pool
Journaling

3.30pm Introduction to Walking Meditation

4.00pm Walking Meditation in the wood
Sound of Nature & stillness

5.00pm The 7 Crystal Bowl sound healing
Pure vibration to harmonise and detangle
energies, physically and emotionally

7.30pm Dinner by candle light
Setting table with White tablecloth and flowers,
candles, soft and feminine.

8.30pm Fire and Cacao Ceremony

Shamanic Fire Ceremony with drum/song (note on
lyric will be offered) – releasing what no longer serve us.
We invite women to release the heaviness that weighs
on them to find freedom. The art of letting go and
returning to inner peace.





DAY 3

The Soul - Refocus

7.30am Morning Yoga with Intention for the day

8.30am Breakfast + free time to pack up

10.00am Workshop - Food and Nutrition aligning with feeling alive and to thrive

TALK - cooking demonstration

How to nourish the body, the importance of good mood food

11am Yoga Nidra with Oracle card

Water Ceremony to clean, refresh, rebirth

Giving a poem from Gnostic text:

I am the voice speaking softly,
I exist from the first.
I dwell within the Silence,
Within the immeasurable Silence.
I descended from the midst of the underworld
And I shone down upon the darkness.
It is I who poured forth the Water.
I am the One hidden within Radiant Waters...
I am the image of the Invisible Spirit.
I am the Womb that gives shape to the All
By giving birth to the Light that shines in splendor.
Wearing the rose pendant with full power
energy of the full moon

12.00pm A picnic lunch by the woods (weather permitting)

Let Nature nurtures us back to the Soul
Grounded, clear, joyful, alive, cleansed and renewed.
(gratitude)

Testimonials Video:

1.00pm Art Therapy

In few groups of 3

coloring mandalas then everyone writes quality inspired by the different coloured mandalas (joyful, peaceful, etc) which usually illustrates how the soul feels.

2.00pm Check out time – closing circle – How they feel, what was important to them





INCLUSIONS

2 nights Accommodation on 80 acres of cattle pasture and orchards with 120 acres of protected rainforest and koala habitat

-Accommodation consists of six deluxe rooms all with king beds and en-suites in the barn

-Glamping accommodation also optional

Private Chef providing all nourishing meals Snacks, teas and coffee

Freshwater plunge pool & magnesium pool

Sound healing crystal bowl experience

Art therapy

Cooking demonstration

Nutrition and Wellbeing workshops

Yoga, Breathwork & Meditation

Celebration Rituals, Fire and Water Ceremonies

Walking trails

Pizza oven, barista coffee machine

Stunning stone fire pit – perfect for sunset gatherings

24-hour laundry service

Land regeneration with 'spray free' herb & market gardens

NOT INCLUDED

flights, travel, insurance.





PRICING AND INVESTMENT

Glamping - \$1490

Twin share \$1650

Private room \$1800

10% discount paid upfront
Payment plans available

[BOOK YOUR CALL TODAY](#)



ADDITIONAL INFO

Arrival by 2 pm Friday

Departure from 3pm Sunday

Carpool from Ballina Airport organised
closer to retreat

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