

Create balance with the GPS Retreat

*"Balance is an ideal that many strive for
& once achieved, creates a truly meaningful life"*



Our retreat provides the opportunity for you to fully explore what a balanced lifestyle could look like for you. In a beautiful natural environment that promotes creativity you'll have the chance to focus on your ideas with a clear and open mind.

You will be encouraged to explore all areas of your life as you exercise both MIND & BODY to produce your life map to take you forward and with it gain

Greater Personal Success!

Our team will guide you in the areas of mind/body exercise and meditation in order to create:

- A life map that focuses on all key areas of your life.
- An action plan providing the steps required to achieve your desired results.
- A great network of friends and supporters to help keep you on track.

LOCATION: Moondyne Country Centre, Lower Chittering

DATES: Thursday 29th July – Sunday 1st August

COST: Your Investment & \$900 (+GST). Couples with shared accommodation \$100 saving per person. Includes all meals and 3 nights accommodation.

TO BOOK: hazel@rubycubes.com.au | (08) 6555 3969 | 0413 336 332

To explore further what this Retreat has in store visit our [website here](#)

Hear all about the previous GPS Retreat... past participants were asked about how they would describe their experience to others:

"Your opportunity to totally focus on YOU with exercises that can be done by anyone, anywhere, anyhow & great meditations that enhanced the whole experience"

"By doing this retreat you will give yourself the gift of being able to take time to absorb, relax & reflect.... perfect!"

"The retreat is a thoroughly enjoyable experience where new friendships can be forged in a totally nurturing environment"

"I'll be sharing that the retreat was enlightening & enjoyable in every way"

"My first ever retreat was a HUGE success! Being able to focus & plan with a group of likeminded, energetic & enthusiastic participants was fantastic"

"This retreat is a great reward for time invested, you will come away feeling more positive, calmer, motivated & ready for change"

"My words would be empowering, supporting, caring, clarity, sense of freedom"

"I have literally changed my inner speak from 'oh I can't' to 'how can I?' - watch this space!"

