

*Peel back your  
layers and get  
ready for a  
new you!*



## *COUNT ME IN!*

Next Retreat Date:

*24-26 May, 2019*

Reserve your space today.

Early bird pricing ends soon. \$999.00

Regular price: \$1332.00

## THE RIVER RETREAT

RECONNECT WITH YOURSELF

[www.theriverretreatreconnect.com.au](http://www.theriverretreatreconnect.com.au)

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## INVEST IN YOURSELF

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When was the last time you reconnected with yourself?

As women, we're constantly caring for others and juggling responsibilities, which often leaves us little time for ourselves.

**Take this opportunity to put yourself first.**

You walk away from this retreat empowered by life-changing, proven processes.

You gain freedom from unconscious thoughts & behaviours that do not serve you.

You understand the 'why' behind your thoughts and behaviour.

You gain skills to transform your relationships.

You release long-term stress and leave feeling refreshed and invigorated.

You create new possibilities.

You return to your life—a new you—inspired, competent and confident.

Reconnect with yourself at The River Retreat and live your best life.

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Don't struggle through another week feeling drained, don't be disappointed by another communication breakdown, or another desire unfulfilled.

**Join us at The River Retreat.**

We blend brain science with human behaviour to delve into the layers of self, relationships, family and work, and reveal what is actually running your life and driving your behaviour, then we give you the skills that you wish you had years ago.

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### PROGRAM PARTICIPANTS

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*"Throughout the course I gained a much greater self awareness which has enabled me to evolve and grow."*

*"The course was AWESOME!!!  
EVERYONE needs to do this course.  
Amazing and such an eye opener!"*

*"Felicity uncovered so much in regard to personal and professional pains and provided me the right tools for me to cure these."*

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## ALL INCLUSIVE

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Accommodation



Food & Beverages



Tailored Program



Practical Strategies



Riverside Location



50 Acre Property



Global Expertise



Women's Support

# YOUR RETREAT

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## Location

The river retreat sits among 50 acres of private, tranquil, unspoilt beauty within the lush hinterland of the Orara Valley—just a short drive from Coffs Harbour, one of NSW's most popular tourist destinations. The property is surrounded on three sides by the crystal-clear freshwater Orara River, which invites you to swim or meander alongside. Allow yourself total immersion in the charm and magic of The River Retreat. The enchanting views, the sound of nature and the space to roam is yours.

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*It's about challenging the beliefs that have been engrained in us, to think differently & approach things differently."*



## What To Expect

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The perfect weekend away, with time to unwind, enjoy nature, eat, drink and wake up to a NEW YOU!

Our bespoke program has come at the request of thousands of intelligent, amazing women. This program targets many of the universal struggles that women have expressed such as, balancing self care with caring for others, negative self-talk, setting boundaries, juggling multiple demands, seeking freedom from what holds them back.

Designed to have life-changing impact, it's based on proven strategies that draw from psychology, neuroscience, quantum physics, and emotional intelligence. Delivered by your expert facilitator, Felicity Waterford, who brings 25 years of global experience to her Personal Mastery programs that transform lives.



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## Accommodation

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Your accommodation is a family home and not a purpose built conference centre, so we will be bunking in together and sharing bathrooms and living spaces. Please refer to the website for more details. Rooms are allocated on a first booked, first choice basis. If you have any preferences, be sure to let us know!





# Who We Are

The River Retreat is specifically run by women, for women. We wanted to create the space for you to reconnect with yourself and transform your life in a way that is authentic, purposeful and fulfilling. Knowing that most of us have an area in our lives that we struggle with internally, whether it's relationships, family, self, work or purpose, we developed a program that makes a difference. It has worked for me personally and for thousands of women I've interacted with. We're all about women being true to themselves, and that means having the skills we need to be our best selves and live our best lives.



Expect to see things in a way that  
you never have before.

Have you been running on autopilot  
without even knowing it?

Your brain is your most powerful tool. It's  
time take charge of your thoughts.

Get ready to delve deep into you.  
Your emotions, your thoughts, your habits,  
and your behavioural style.

For women looking to make a positive,  
purposeful change in their lives.

Join us to escape the stresses of your  
everyday life and start your journey of  
transformation.

**It's time for you.**

**“Take time to do what  
makes your soul happy.”**



**“Nourish yourself in a way  
that helps you blossom in  
the direction you want to  
go, you are worth the  
effort.”**

Book now to claim early bird price:  
[www.theriverretreatreconnect.com.au](http://www.theriverretreatreconnect.com.au)



## GETTING HERE

The River House  
60 Casuarina Lane  
Karangi 2450

## BY AIR

### Fly to Coffs Harbour Airport

Fly into Coffs Harbour Airport (4km from Coffs Harbour town centre) with one of four operators servicing the region - QantasLink, Tigerair, Virgin Australia and Fly Corporate. Direct flights operate to and from Sydney, Melbourne and Brisbane.

### Transfer Options

- Option 1. Let us know your flight and we will come and pick you up
- Option 2: An Uber from Coffs Harbour Airport to The River House is estimated at \$28 - \$37

## ROAD TRIP

### From Brisbane

(383 kms) = Approx. 4 ½ hour drive  
Take the M1 to merge onto the A1 Highway travelling south.  
Follow the A1 Highway to Coffs Harbour  
Follow the signs to Coramba/ Karangi via Armidale Street  
Turn Right into Ryan Street – 82m  
Turn left to stay on Ryan Street – 52m  
Slight Right onto Armidale Street – 6.3km  
Turn Left onto Orara Way – 36.3km  
Continue onto Coramba Street - 1.2km  
Continue on to Orara Way – 10.6km  
Continue on to Nana Street – 500m  
Continue on to Orara Way – 9.6km  
Continue onto Gale Street – 600m  
Continue onto Coramba Road – 5.2km  
Turn Right onto Upper Orara Road 1.1 km  
Turn left into Casuarina Lane - 1.1km

Keep Going, See Almost There... »»

## ROAD TRIP

### From Sydney

(538 kms) Approx. 6 hour drive  
(I did this drive with my daughter last year and I'd recommend stopping for the amazing scones halfway there – look for the signs).  
Take the M1, M2 or A3 to merge onto the A1 Highway travelling north.  
Follow the A1 Highway to Coffs Harbour  
Follow the signs to Coramba/ Karangi via Coramba Road  
Turn Left into Combine Street – 400m  
Turn Right into Azalea Avenue – 550m  
Turn Left into W High Street – 500m  
At the roundabout – take the first exit onto Coramba Road – 700m  
Keep left to continue towards Coramba Road – 85m  
Continue straight onto Coramba Road for 7.9 km  
Turn Left into Upper Orara Road 1.1 km  
Turn right into Casuarina Lane

### Almost there...

At the Karangi Post Office/ general store, turn Left to Upper Orara Road  
You will cross a bridge, and the road curves to the right and up a hill. Just over the crest of the hill turn right into Casuarina Lane  
Follow Casuarina Lane, past the bitumen onto the dirt road taking you over the cement bridge, through the gates onto The River House.

*Escape on a weekend getaway solo or with your girlfriends!*

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Immerse yourself in 50  
acres of tranquility.

Connect deeply with  
yourself.

Transform your  
relationships.

Create new possibilities.

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*We would love to hear  
from you!*



The River House  
60 Casuarina Lane  
Karangi NSW 2450



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