



CHANGE COACHING
AUSTRALIA



RETREATS

IMMERSE IN NATURE - BUILD IMMUNITY

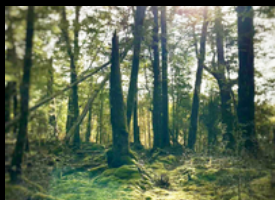
CHOOSE A RETREAT THAT SUITS YOU

- 🌿 Spring Retreat
- 🌿 Annual Retreat
- 🌿 Autumn Retreat
- 🌿 Group bookings on request

WHAT TO EXPECT

Immerse yourself in nature for 4 days and 3 nights in a scenic Australian location. Retreats cater 4 - 6 people and include a long-distance nature walk; bespoke activity (boutique shopping, spa treatment or tour); daily breakfast and lunch; retreat coordination, facilitation, logistics and support.

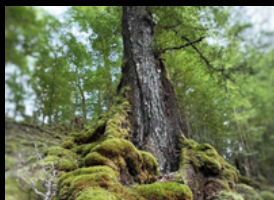
You can bundle and save by combining your Spring or Autumn Retreat with a corresponding Rucking Package. Rucking builds walking capacity, enabling you to explore Australia's most scenic locations on foot with confidence and ease.



AUTUMN PACKAGES

Starts: May
Ends: October

No joining fees or memberships



SPRING PACKAGES

Starts: November
Ends: April

New starters may join at any time

www.changecoachingaustralia.com.au