



The Pampered Parent Retreat

All-inclusive for 3 days,
\$1,750 per person or
\$3,000 couple.

Pamper yourself at the rejuvenating High Spirits Retreat Centre while you learn tools for building respectful and encouraging family relationships.

Full Positive Discipline training with experiential role plays and Socratic discussions. Experience a smorgasbord of immersive activities to rejuvenate your spirit and bring you back to your best self. Sound bowls, Access Bars, Bio Magnets, cacao ceremonies and Kahuna massage all included daily after workshops. Family constellations on Day 3.

Gourmet food prepared by Spanish chefs, Karina & Andrés Rojas. Relax in a sauna, dip in the pool, go for bush walks in the peaceful natural surrounds of High Spirits. Twin rooms with en-suite.

3 nourishing days of learning, connecting and being pampered.
Arrive Thursday 12 after 5pm, ends Sunday 15 at 3pm.

