

# **Inspire Women NZ** **RETREAT**

CREATE MORE BALANCE, BLISS AND PRODUCTIVITY DAILY  
WITH INTERNATIONAL SPEAKER AND AUTHOR JANE RUSHTON



## **Inspire Women New Zealand 3 Day Retreat**

**Hanmer Springs  
2 hours north of Christchurch**

**1-3 November 2019**

Every single event  
in your life, especially the difficult  
lessons, have made you smarter,  
stronger, and wiser than you were  
yesterday.

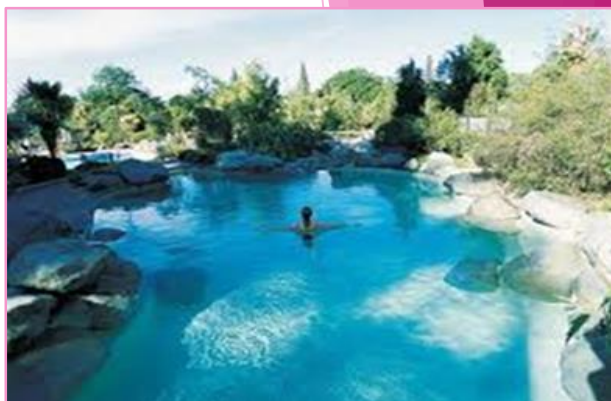
Be thankful!

# Inspire Women New Zealand 3 Day Retreat

**Friday, 1 November 2019**

## Day 1 Inspire Women NZ Sessions and Opening

- 10:00am** Travel to Hanmer Springs
- 12:00pm** Check into accommodation  
[www.villagelake.co.nz](http://www.villagelake.co.nz)
- 1:00pm** INSPIRE WOMEN NZ Registration/Opening
- 1:30pm** INSPIRE WOMEN NZ session starts  
Stress Release/Movement/Walk
- 6:30pm** Dinner
- 7:30pm** Thermal Pool, relax



**Saturday, 2 November 2019**

## Day 2 Inspire Women NZ Sessions

- 6:30am** Stress Release, Movement/Walk
- 8:00am** Breakfast
- 9:00am** INSPIRE WOMEN NZ Session
- 12:00pm** Lunch
- 1:30pm** INSPIRE WOMEN NZ Session
- 6:30pm** Dinner
- 7:30pm** INSPIRE WOMEN NZ fun creative activity



**Sunday, 3 November 2019**

## Day 3 Inspire Women NZ Sessions and Closing

- 6:30pm** Stress Release, Movement/Walk
- 8:00am** Breakfast
- 9:00am** INSPIRE WOMEN NZ Session
- 12:00pm** Lunch
- 1:00pm** INSPIRE WOMEN NZ Session
- 3:00pm** Finish INSPIRE WOMEN NZ Session
- 4:30pm** Depart to Christchurch
- Dinner** Own arrangements



*Please note:*

*Times subject to change*





# Inspire Women New Zealand

## 3 Day Retreat

### What's included

#### Accommodation for 2 nights:

- Village Lakes, Hanmer Springs - 2 nights in 2 bedroom luxury apartments
- Twin share rooms
- Single room supplement applies \$40.00

#### Meals:

- Breakfast x 2
- Lunch x 2
- Dinner x 2

#### Activities:

- Stress release techniques
- Qi gong
- Pilates/Yoga
- Mountain Walks
- Easy problem solving techniques
- Entry to Thermal Pools
- Surprise activities
- Inspiration to succeed to be the best you
- Time to rejuvenate
- A safe place to be with likeminded women
- Meet friends you haven't met before

#### Receive:

- Inspiration for YOU
- Crystal Oil
- Prizes
- Time to rejuvenate and be yourself
- Mind Tricks Book signed by me
- Mind Tricks Journal
- Pens and paper
- A road map for your next 12 months
- Simple life skills to create balance and bliss and success in any area of your life



### What's not included

- Meals other than mentioned in inclusions
- Spending of a personal nature
- Transport to/from Christchurch to Hanmer \$50 - Hanmer Connections
  - 9:00am departs Christchurch Friday
  - 4:30pm departs Hanmer Sunday

Your calm mind  
is the ultimate  
weapon against  
your challenges.  
**So relax.**

*~Bryant McGill*



# Inspire Women NZ 3 Day Retreat

Early bird prices finishes 30 June 2019

**NZ\$1597.00 per person only**

**AU\$1397.00 per person only**

(provide own transport to Hanmer Springs)

## Estimated Price / Payment Plan

*Amount payable per person*

Total Price 3 day package per person	By 30 June 2019	Due 30 August 2019	Due 1 October 2019
3 day retreat	NZ\$557.00 AU\$480.00	NZ\$557.00 AU\$480.00	NZ\$557.00 AU\$480.00
Pay in full by 1 October 2019	NZ\$1597.00 AU\$1397.00	If paying deposit, after 30 June 2019	NZ\$1997.00 AU\$1797.00
Payment options	PayPal	Credit card	Bank transfer

**Make payment:** <http://www.mindtricksbooks.com/inspire-women-2/>

### Important Notes:

- ▶ Three day retreat
- ▶ Payments in Australian or NZ Dollars upon request
- ▶ All quotes are based on current 2018 costs and are subject to availability. Limited beds
- ▶ This is early bird pricing - finishes 1 October 2019
- ▶ **After 1 October 2019 normal price NZ\$1997.00**
- ▶ The price is only guaranteed once the deposit has been paid
- ▶ Limited numbers

### Accommodation:

- ▶ Quote is based on :
  - ▶ Two bedroom apartment
  - ▶ Twin share rooms
  - ▶ Single available - rooms on request
  - ▶ Single room supplement applies

Looking forward to meeting you for a rejuvenating weekend to kick start 2020

Kind regards, Jane

