

Uluru Wellness Retreat

28 August - 3 September 2020



LIFE-TRANSFORMING JOURNEY

Come join me and immerse yourself in the breathtaking energy at Uluru. The wellness retreat will be a memorable week to experience inner peace and calmness at the heart centre of Australia.

I will guide you through mindfulness techniques to manage stress, fears and anxieties. We will explore human behaviour, ways to understand emotions and tune in to your inner voice and intuitions.

It will be a journey of self-discovery or simply to relax and rest your thought.

I look forward to seeing you there.

Yours, Peter



*"Sincerest thanks Peter, you have encouraged me to 'work' on myself.
An excellent week on many levels." Robyn, 2019*

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RETREAT OVERVIEW

The Uluru Wellness Retreat will be guided by Peter Bliss who is a life change facilitator with 30 years' experience running wellness workshops and retreats. Staying in a deluxe room at the newly refurbished Desert Gardens Hotel you will enjoy a range of health and wellbeing programs with tailored sessions supported by nutritious food. Here are some of the inclusions:

- Mindfulness and Qi Gong workshops
- Practical Intuition and intention tips & silence survival strategies
- 7 keys to mastering the mind and your thoughts
- Each attendee will leave with a CD/audio of techniques and guided meditations to continue further practice at home

ITINERARY

(This itinerary is subject to minor changes.)

Friday 28th August	Your wellness retreat officially starts Complimentary transfers from the airport Lunch is not included on this day, due to time of arrival
3pm	Check-in as a group at Desert Gardens Hotel We then gather on the lawn, poolside, for a traditional greeting
3.30 - 5.15pm	Introductory Mindfulness Workshop
5.15 - 6.00pm	Free time
6.00pm	Walk to Uluru Lookout (15-minute walk) BYO mat and water bottle; Meet at Desert Gardens Reception
6.20pm	Silent sunset meditation
6.35pm	Sunset
7.00pm	Walk back to Desert Gardens Hotel together; Freshen up and meet in restaurant
7.30pm	Dinner: 2-course Arnguli Grill (set menu); Early to bed for a big day tomorrow

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Saturday 29th Aug Magnificent Uluru Sunrise and Field of Light Star Pass

- 5.30am** Depart for Sunrise Uluru Pack: layers for walking, hat, trainers, sunscreen, sunglasses, camera gear, water bottle, your journal book and pen
- 6.50am** Sunrise includes breakfast, base walk tour, and Qigong; Stop from time to time to sit and silently meditate; Silent walk and mindfulness session
- 12.45 - 1pm** Head back to resort for lunch
- 1.00 - 2.00pm** Lunch: Mangata Bistro & Bar
- 2.00 - 5.00pm** Free time
- 6pm** Field of Light Star Pass departs from Desert Gardens Hotel (including Uluru sunset from a remote dune top, drinks, canapes, and Field of Light entry)
- 8.15pm** Dinner at Arnguli Grill – 1-course

“Eternally grateful for conversations and mentoring this past week.” Ria, 2019

Sunday 30th Sep A relaxed restful day

- 6.45 - 7.45am** Morning Tai Chi at Desert Gardens poolside
- 8.00 --10.00am** Breakfast buffet at Mangata Bistro
- 10.00 - 12.30pm** Free time; Explore Yulara at your leisure
- 12.30 - 2.00pm** Lunch: Pizza, pasta and salad banquet at Gecko’s Terrace
- 2.00 - 6.00pm** Drive and tour includes Uluru base drive, Kata Tjuta viewing platform; visiting the Cultural Centre

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6.00 - 7.00pm	Uluru Sunset at a site near Uluru
7.30pm	Dinner – Outback Pioneer BBQ – self cook; early night for an early morning tomorrow
Monday 1st Sep	Desert Awakening Tour; then a peaceful day to tune in to your thoughts
5.30am	Desert Awakenings Sunrise Tour; See sun rise over Uluru as part of this awarded cultural tour (full tour included); Pack: layers for walking, hat, trainers, sunscreen, sunglasses, camera gear, water bottle, your journal book and pen; Includes: breakfast, guided tour, and Qigong, Tai Chi near Uluru, stop from time to time to sit and silently meditate.; Guided walk and mindfulness session
12.45 - 1.00pm	Head back to resort for lunch
1.00 - 2.00pm	Lunch at Mangata; Set 2-course
2.00 - 5.00pm	Free time
5.00 - 6.00pm	Mindfulness Recap; Meet by the Desert Gardens Poolside Lawns
6.00pm	Dinner – Outback Pioneer Hotel Bough House – 2-course

“Thank you for mentoring me to tools that I will use for the rest of my life.”

Kristy, 2019

Tuesday 2nd Sept	Clear your mind in the tranquil surroundings
6.45 - 7.45am	Morning Tai Chi by the Desert Gardens Poolside
8.00 - 10.00am	Buffet breakfast at Mangata Bistro

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10.00 - 12.30pm	Free time; Explore Yulara at your leisure
12.30 - 2.00pm	Lunch at Walpa Bar; Sails in the Desert Hotel; Set menu
2.00 - 5.00pm	Drive and tour (optional 3hr tour guided by Peter Bliss)
5.00 - 6.00pm	Mindfulness session
6.00 - 7.00pm	Uluru sunset; A site with Uluru in View
7.30pm	Dinner at Arnguli Grill; An early night for an early morning tomorrow

“What a great mix of learning opportunities in this magical place.” Rachel, 2019

Wednesday 3rd Sep Catch sunrise at Kata Tjuta – the other magical part of Uluru

5.30am - 12.30pm	Departure to the Valley of the Winds Walk (Full walk included) Depart for Kata Tjuta promptly at 5:30am ; Pack: layers for walking, hat, trainers, sunscreen, sunglasses, camera gear, water bottle, your journal book and pen; Includes: breakfast, tour guided by Peter Bliss, including Qigong and Tai Chi near Kata Tjuta; Stop from time to time to sit and silently meditate; Guided walk and mindfulness session
12.30 - 2.00pm	Return for Lunch at Mangata Bistro - set menu
2.00 - 5.00pm	Free time
5.00 - 6.00pm	Mindfulness session
6.00 - 7.00pm	Farewell Uluru final sunset; A site near Uluru
7.30pm	Dinner at Arnguli Grill; 3-course set dinner

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Thursday 4th Sep	Make the most of your final day at Uluru
6.15 - 7.15am	Morning Mindfulness session by the Desert Gardens poolside or at Uluru
8.00 - 9.00am	Buffet breakfast
9.00 - 9.30am	Checkout from your hotel if leaving today
9.30 - 10.15am	Farewell morning session by the Desert Gardens pool
From 10.30am	Airport transfers from outside your hotel reception

YOUR INVESTMENT

The price per person for single use is A\$4,945 or A\$3,945 twin share.
This includes everything listed on this itinerary, including the listed meals and tours.

Flights are not included, nor are additional tours or meals.

An \$800 deposit will secure your place.

For any questions about the Uluru Wellness Retreat and how to pay your deposit and balance, please contact **Peter Bliss** directly on **0417 221 903** or email peter@businessbliss.com.au

"Thank you for helping me gain a deeper understanding of myself. Thank you for living your truth and loving what you do. If not for you I would never had the lessons, experiences conversations memories or profound moments that I have been so lucky to have had this weekend. Eternally grateful for conversations and mentoring this past week." Ria, 2019

"Yet another amazing experience working together. Thank you for the gift that keeps giving and an opportunity to meet some cool cats." Jeremy, 2019

"Thanks for an amazing retreat." Nic, 2019

*"Peter, Good luck/fortune with helping people doing what you love. Thank you for a wonderful week of companionship, dessert experiences and growth."
Cathy, 2019*