



flow state

CULTIVATE

RETREAT

A HOLISTIC IMMERSION INTO THE
SACRED ENERGY OF THE
ASTROLOGICAL NEW YEAR.

Blue Mountains
21st - 23rd March, 2025

www.flowstatebm.com/retreats

Friday, 21st March - Sunday, 23rd March 2025
Bell, Blue Mountains NSW

Step into the sacred energy of the astrological new year at Cultivate, a transformative yoga and wellness retreat designed to align your intentions with the rhythms of the cosmos.

Held in the serene embrace of a nature lodge, complete with the grounding magic of a natural cave, this retreat invites you to reconnect with your inner self and the world around you.

Through ancient and holistic practices like Yoga, meditation, breathwork and intention setting workshops, you'll create space to plant the seeds of your goals and dreams for the year ahead. Embrace the power of renewal and clarity in a nurturing environment, surrounded by nature's tranquility.

Whether you're seeking to deepen your connection to self, the stars, or the earth, Cultivate offers a unique opportunity to align your body, mind, and spirit with the cosmic flow. Join us this March 2025 and embark on a journey of growth, purpose, and transformation.

**ALL LEVELS OF EXPERIENCE WELCOME, INCLUDING
BEGINNERS**

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Friday 21st

3.30pm: Arrival

4.30pm: Welcome Circle

5.30pm: Dinner

6.45pm: Cacao Ceremony, Intention Setting + Yoga Nidra

Saturday 22nd

8am: Yoga Practice

9am: Breakfast

10.30am: Voice Activation

11.30am: Breathwork

2pm: Lunch

3.30pm: Manifestation + Goals Workshop

5.30pm: Dinner

7pm: Cacao Ceremony + Drum Journey

Sunday 23rd

8am: Yoga Practice

9am: Breakfast

10.30am: Integration, Sound Bath + Water Ceremony

12.30pm: Departure

THE FINER DETAILS

This retreat is open to both women and men.

Investment: \$800

A non-refundable deposit of \$250 is required upon booking.

We happily offer flexible payment plans and Afterpay is available. We require final payments to be made by March 20th.

Lodging: We will be staying in the beautiful Hatter's Lodge in Bell. Guests will be sharing rooms. If you wish to book a private room (no share), the retreat investment will increase to \$1050.

We aim to keep this retreat intimate and small, with limited capacity to ensure guests will receive a supportive, calm environment by facilitators and fellow guests. Men will be allocated shared rooms with other men, women will be allocated shared rooms with other women.

Food: Cultivate Retreat will be fully catered with Ayurvedic meals for breakfast, lunch and dinner. These meals will be vegetarian, however can be amended to cater to vegan, gluten free and dietary allergies. Please inform us upon booking any dietary requirements you have.

Ingredients used for cooking are sourced locally, organically and are biodynamic, supporting our farmers, supporting our gut health and supporting Mother Earth.

Additional Extras:

Our beautiful in-house massage therapist Gigi will be offering massages for \$80. To book into a massage, please inform Vicky.