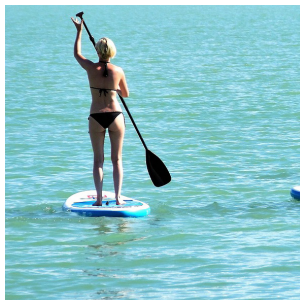
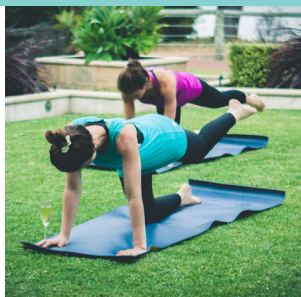




The Holistic Hen

## GIRL'S *Weekend Retreat* PACKAGES

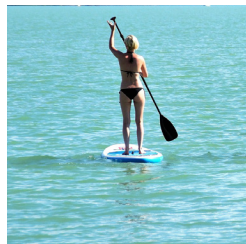
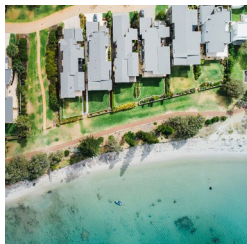


The Holistic Hen | 0450 219 061  
[info@theholistichen.com.au](mailto:info@theholistichen.com.au) | [theholistichen.com.au](http://theholistichen.com.au)

  @theholistichen

DOWN SOUTH | FREMANTLE | ROTTNEST | SWAN VALLEY

# Down South



## DUNSBOROUGH RESORT WEEKEND

- Two Nights in a Villa  
(3 nights May-Sept)
- Two Breakfasts
- Sparkling on arrival
- Guides to Secret Swimming Spots
- Choice of **Two** Classes
  - Yoga
  - Pilates
  - Champagne Pilates
  - Wine & Cheese Pairing
  - Gin Master class
  - Bubbles Master class
  - Release & Recovery Session
  - Meditation

- Choice of **One** Activity
  - 2 Course Lunch at Aravina
  - 2 Course Lunch at Wise Winery
  - Indian Spice & Cooking Class
  - Styled Beach Picnic
  - Surf or SUP lesson
  - Horse Trail Ride
  - Male Life Drawing Class
  - Makeup Class
  - Cocktail Class
  - Tarot or Psychic Readings

### Regency Beach Club

\$360pp (group of 6 or more)  
\$400pp (group of 5)  
\$450pp (group of 4)

### Geographe Cove Resort

\$360pp (group of 4)  
\$400pp (group of 3)  
\$450pp (group of 2)

## ALL-INCLUSIVE GLAMPING WEEKEND

- 2 Nights Glamping in Yallingup
- Two Breakfasts
- Sparkling on arrival
- Dinner at Caves House
- Lunch at Wise Winery
- Gin or Bubbles Masterclass
- Yoga or SUP hire
- Gourmet Grazing Board
- Aquarium & Injidup Spa Guides

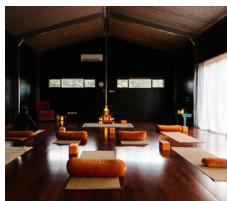
\$450 per person (Group of 3 or more)

\$500 per person (Group of 2)



## ALL-INCLUSIVE YALLINGUP RETREAT

- 2 Nights (2 Bedroom Chalet)
- Two Breakfasts
- Sparkling on arrival
- Ayurvedic Dinner Friday night
- 2 Course Lunch at Aravina Estate
- Gourmet Grazing Board
- Yoga session
- Meditation session
- Cold Pressed Juice
- Aquarium & Injidup Natural Spa Guides



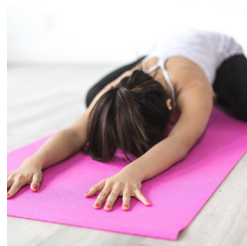
### Premalaya Retreat

\$400 per person (Group of 4)

\$450 per person (Group of 3 or 5)

\$500pp (Group of 2)

## The Freo Fling



- Two Nights Accommodation
- Two Breakfasts
- Sparkling on arrival
- Choice of **Two** Activities
  - Sunset Gin Tasting
  - Yoga Session
  - Meditation Session
  - Chocolate Tapas & Churros
  - Champagne Pilates\*
  - Brewery Tour & Tasting
  - Full Day Bike Hire
  - Cheese Fondue & Wine

- Choice of **One** extra activity
  - 2 Course Lunch or Dinner
  - Escape Room Experience
  - Manicure & Pedicure
  - Tarot & Palm Reading
  - High Tea @ The Esplanade
  - Comedy Night @ Creatures
  - Wine & Cheese Tasting Evening\*
  - Floatation Therapy\*
  - Male Life Drawing Class (min 6)

\*surcharge for groups under 4 (please enquire)

### Be. Fremantle Apartments

\$400pp (min 4)

### Esplanade Hotel Fremantle by Rydges

\$400pp (min 2)

# Rottnest Retreat

- 2 Nights at Karma Rottnest
- 2 Buffet Breakfasts
- Sparkling on arrival
- Return Ferry from Freo
- Yoga & Meditation Session
- Cocktail Master class
- Lawn Bowls & Pimms on arrival
- Late Check out 12pm

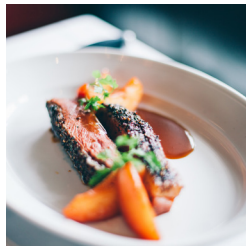
\$365pp (Group of 6 or more)

\$380pp (Group of 5)

\$400pp (Group of 2-4)



# Swan Valley Soirée



- Two Nights Accommodation
- Two Breakfasts
- Sparkling on arrival
- Choice of **Two** Classes
  - Yoga
  - Pilates
  - Champagne Pilates
  - Meditation
  - Wine & Chocolate Pairing
  - Wine Tasting & Cheese Platter
  - Kayak Hire
  - Cider Tasting Paddle
  - Happy Hour Cocktails

- Choice of **One** Extra Activity
  - 2 Course Lunch at Winery
  - 2 Course Dinner at Winery
  - Food & Wine Tasting Flight
  - High Tea
  - Manicure & Pedicure
  - Horse Trail Ride
  - Tarot or Psychic Readings

## The Vines Resort

\$360pp (Group 6 plus)

\$400pp (Group 2 - 5)

## Mandoon Estate

\$400pp (Group 6 plus)

\$450pp (Group 2 - 5)

