



RACHAEL MUNYAWARARA
Heartfulness Coach

Heartful Living Retreat

“Women are going to form a chain, a greater sisterhood than the world has ever known.” By Nellie L. McClung

It is such a joy to combine my Heartfulness Coaching with my glamping BnB, Sisters inTentz. This retreat is designed for either 4 individual women unknown to each other, or a group of 4 friends, to come together in Sisterhood, surrounded by nature and soak up some well-deserved self-care, the foundation stone of Heartful Living. **The retreat will commence at 11am Saturday** with a warm welcome and introductions followed by a grazing table for lunch. We will then enjoy a self-care vision session in the afternoon followed by relaxation/time out before venturing to our local restaurant for dinner and a night's accommodation in our gorgeous glamping tent, **concluding Sunday with a café breakfast**. For those who may not be familiar with Sisters inTentz, you can check us out in the link below. If you cannot make it on the date advertised but would love to know about the next retreat, please email and I will let you know when the next opportunity comes around.



Retreats hosted at Sisters inTentz



Sisters inTentz is a luxury camping experience for up to 4 women in a 5m Bell Tent set amongst 13 acres of private bushland. This luxury camping experience includes all the trimmings, quality linen and access to your own private ensuite. Located in Drummond North, 1.25 hours north of Melbourne CBD, only 20 minutes from Daylesford & Castlemaine; each town offering so much to enjoy.

My vision for this business is to provide women with an alternative accommodation experience as well as an opportunity to come together in Sisterhood and enjoy the natural surroundings.

Check us out here www.sistersintenz.com

Women's Heartful Living GLAMPING RETREAT

Hosted by Sisters inTentz

Sat 27th - Sun 28th Feb 2021

From 11am Saturday until 11am Sunday



Located in Drummond North, Victoria
(one hour from Melbourne, 8 mins from Malmsbury)



\$305 p/p

Price includes:

- *1 night glamping accom
- *group coaching session
- *lunch & dinner Saturday
- *cafe breakfast Sunday morning
- *heartful welcome kit and workshop materials
- *follow up 1:1 coaching session

Hi, I'm Rachael
Munyawarara, a Certified
Life & Heartfulness Coach
I will guide you through
topics to help you form the
foundations for Heartful
Living



This Retreat is limited to 4 women to allow space for deep personal growth and connection through sharing. Each retreat can be made up of 4 individual women unknown to each other or a group of 4 friends so I look forward to receiving your email enquiry today.

INFO@HEARTFULNESSCOACH.COM
OR PHONE 0408 735 417

Is this retreat right for me?



- * Are you feeling completely **exhausted**?
- * Constantly **running around** after others (family members, friends, children, clients)?
- * Do you believe that **self-care** is important and know **you need more of it**?
- * Would you love to build up your **resilience toolkit** and get some **new strategies** for living **The Heartful Way**?
- * Do you love nature, a **bit of adventure**, delicious **food** and deep **conversations**?
- * Do you love the idea of being challenged to **take life up a notch**?



If you answered yes to 2 or more of these questions, then let's lock in your spot at our upcoming **Heartful Living Retreat on 27th & 28th Feb 2021.**

What to expect



The best part of allowing space for four women to come together and retreat into the wilderness is the intimacy of having such a small group. Each woman will come with their own story and current life situation and challenges and throughout our time together we will do our best to cater to the individual needs of each person involved. It is entirely up to you how you spend your time across the weekend, you may need some time alone to reflect or you may want to engage in the workshop and activities which will be on offer, this space and time is for you. Some of the elements included across the weekend will include:



♥ movement of the body with **time walking in beautiful bushland** surrounds

♥ **nourishing** food

♥ delightful conversation & **Sisterhood**

♥ **reflective** activities

♥ discussion & workshop around the topic of **Self Care & Heartful Living**

♥ **follow up 1:1 coaching** session via zoom within 1 month of the Retreat

What is included in the cost?



*1 nights' accommodation in a gorgeous glamping tent

*sisterhood survival kit

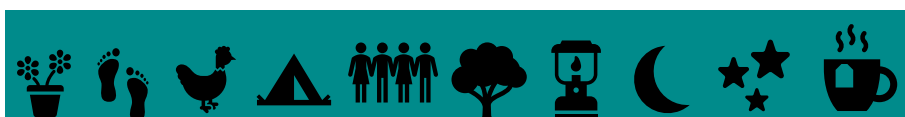
*grazing table for lunch on Saturday

*dinner Saturday night at local restaurant

*café breakfast Sunday morning

* resources for afternoon workshop

*follow up 1:1 coaching session



Your Host - Rachael Munyawarara Heartfulness Coach



Hi, I'm Rachael, a Certified Life & Heartfulness Coach, a lover of all things heart centred, real & raw. I journey alongside women to improve their overall confidence, to feel amazing from the inside out, and move vivaciously toward their life goals. Through self-compassion and heart filled positive daily living practices, women begin to live life with their whole heart. Recognising that by being kinder to themselves they can love more, laugh more and be more to those who matter most in their lives.



*My mission is to spread the message of self-love
& **authentic** beauty all around.*

I am passionate about life, committed to constantly learning and striving to be a better person, I care deeply for others and see potential in every person I get the privilege to meet, know and love. I want to make a difference in people's lives, big or small, while walking this precious earth.

"My goal is for every woman to know how uniquely beautiful and precious she is, just as she is right now!"



Rachael Munyawarara

Rachael is a Heartfulness Coach, Body Image Movement Global Ambassador and the owner of Sisters inTentz, a women's luxury camping BnB. Rachael is passionate about assisting women to fully engage life with their whole heart, believing that when a woman is led by the gentle murmurings of her heart, everyday practices begin to transform her daily life.

If you have any other questions about the retreat, please feel free to email or phone me. I look forward to meeting the four beautiful women who will take part in this extra special weekend. This retreat will be inspiring and uplifting to those four women who join us so I cannot wait to meet you.



And remember, if this is not for you right now, please share with a person in your life who you know needs this more than ever.

With so much sisterly gratitude,
Rachael
X

Book your spot by emailing info@heartfulnesscoach.com
or phoning 0408 735 417