



Recharge
your
spirit



wellness for women

*meditation, mindfulness,
and yoga retreat*

This weekend meditation, mindfulness and yoga retreat in beautiful Bundanoon, NSW is the perfect opportunity to experience deep relaxation and connect to the stillness within.

Taking time out for YOU is essential from time to time to reduce your stress levels and recharge your mental and emotional spirit. ✨

4-6 JULY 2025 10-12 OCT 2025

Join us for a weekend to focus on improving your emotional health and wellbeing. Using gentle methods of yoga and movement, meditation and mindfulness activities, this workshop will help you build a framework of self-care strategies to improve your emotional equilibrium, balance your nervous system and your responses to life's challenges.

"During my stay here I have learnt a lot and connected with the most amazing women. Women who have supported and inspired me. I am leaving Quest with a sense of healing and a way forward. I will definitely be back. "
– Sam

You'll leave the retreat:

- Gaining a deep understanding of the philosophy and practice of meditation.
- Understanding the nature of the thinking mind – its strengths and limitations.
- Developing self-esteem and compassion as you connect with your true, spiritual nature.
- Gaining a range of effective tools for dealing with stress and anxiety.
- Learning to relax physically, unwind emotionally and calm a busy mind.



FINANCIAL HELP AVAILABLE TO ATTEND OUR PROGRAMS

The Quest for Life Foundation is a not-for-profit organisation providing programs and workshops based on the latest scientific research on health, healing, epigenetics and neuroscience.



LIMITED PLACES – CALL TODAY:
1300 941 488 questforlife.org.au