

Flow & Glow Retreat 2026

27 - 30 August 2026

reflect - reconnect - rejuvenate

Soothe your soul and uplift your spirit in a grounding environment

\$2,400 per person inclusive of...

- 3 night stay in a private rustic cabin in beautiful Chittering, Western Australia
- All meals – you won't go hungry
- Guided walks exploring the property's many wonders
- Daily guided breath, mindfulness, movement and myofascial release flows
- Sound, vibration & fire ceremony
- One-on-one support from Sarah during your stay
- Limited group of 12
- Featherstone On Demand "Home Retreat" special access for 2 months
- Optional add-on: Relaxing or remedial therapeutic massage during your stay (30, 60 or 90 mins)



Looking for some more information? Let us help:

Contact Journeys of the Spirit:
Email: juliejournays@outlook.com
Website: www.journeysofthespirit.com.au

Contact Featherstone:
Email: admin@feather-stone.com.au
Website: www.feather-stone.com.au

Why retreat with me



If you love how you feel after a Pilates class, imagine gifting yourself several days of movement, rest, connection and care.

I created these retreats to offer space to slow down, step away from daily demands, and reconnect with yourself. Through Pilates, mindful movement, breathwork, nature, nourishing food and meaningful connection, you'll have the opportunity to restore balance and recharge.

As a physiotherapist and movement professional with more than 30 years of experience, I combine Pilates, therapeutic yoga, mindfulness and lifestyle medicine to support wellbeing in a holistic and accessible way. My philosophy is simple: movement is medicine, and movement should be individual. Everything can be adapted to suit your needs.

One of my favourite mantras is persistency and consistency — doing a little often is far more powerful than doing a lot occasionally. A retreat creates the space to explore simple, sustainable habits that can support you long after you return home.

Whether you're experienced with movement or just starting out, you're welcome here. This is your time to breathe deeply, move freely, rest when needed, and reconnect with what matters most.

Come exactly as you are. Leave feeling calmer, stronger and more connected to yourself.

Flow & Glow Retreat

27 - 30 August 2026

PERSONAL INFORMATION

Name: _____

Address: _____

Email: _____

Phone: _____

Date of Birth: _____

Dietary requirements: _____

Medical Conditions we need to be aware of: _____

Emergency Contact Name & Number: _____

Please let us know if you are interested in an optional massage (to pay directly to the masseuse on the day)

Yes please I'd love one

No thanks

NON-REFUNDABLE DEPOSIT - \$300 per person due upon booking: _____ (date paid)

FINAL BALANCE – Due 2 July 2026: _____

Please refer to our Terms & Conditions for your payment options

How did you hear about us? _____

I have read, understood and agree to the Terms & Conditions for my Flow & Glow Retreat.

Signature: _____

Date: _____

Flow & Glow Retreat Terms & Conditions (page 1)

AUSTRALIAN RETREAT TERMS OF USE

By booking The Retreat you agree to be bound by these Terms of Use

For the purpose of these Terms of Use, Featherstone Physio Pilates ABN 97 605 407 145 may be referred to as "FPP", "we", "us" and "our" and the party accessing The Retreat may be referred to as "guest" and "you".

For the purpose of these Terms of Use, Journeys of the Spirit Pty Ltd ABN 74611094430 may be referred to as "JOTS", "we", "us" and "our" and the party accessing The Retreat may be referred to as "guest" and "you".

1. ACCEPTANCE OF TERMS OF USE

By accessing the Retreat you agree to the following:

- (a) you agreed to review these Terms of Use and
- (b) you agree to be bound by these Terms of Use

2. CHANGE OF TERMS OF USE

(a) We have the right, at our sole discretion, to modify, add, or remove any terms contained in these Terms of Use without notice or liability to you.

(b) Any changes to these Terms of Use shall be effective immediately following the publication of such changes.

3. ACCESS OF THE RETREAT

(a) When you access the Services you are solely responsible for compliance with the laws and regulations of the jurisdiction from which you access the Retreat.

4. CONDUCT

(a) The guest must comply with the accommodation Terms of Use.

(b) Any damage to accommodation or belongings is the responsibility of the guest.

(c) The guest must not consume alcohol, recreational drugs, smoke or vape for the duration of the Retreat

(d) Guests who are deemed to be acting in a way that is inappropriate to the local environment, the on-site staff or other guests will be requested to stop. If the inappropriate conduct continues, we may prevent the guest from participating in the retreat activities, and no refund or credit will be provided

5. PAYMENT

(a) A non-refundable deposit of AUD \$300 per person and a completed and signed booking form is required within 7 days of booking to secure your reservation.

(b) The Final Balance is due 8 weeks prior to your Featherstone retreat departure.

(c) All prices are charged per person in Australian dollars.

(d) Payments can be made by EFT

Bank account details:

BSB 086 420

Account number 24 437 7023

Name Featherstone Physio Pilates Pty Ltd

Please put your full name and retreat name as the reference and advise us via email or SMS of your receipt number.

Payment plans are available. Contact us at admin@feather-stone.com.au or 0413159206.

Flow & Glow Retreat Terms & Conditions (page 2)

6. FLIGHTS AND TRAVEL

(a) Flights are not included in the above pricing. Travel to and from the start/end location of the Retreat is not included in the above pricing.

(b) The guest is responsible to obtain a valid passport and visa(s) for any country to be visited within the Retreat.

7. TRAVEL INSURANCE

For non-Australian based guests it is a mandatory that you are adequately insured for the duration of your journey. In some instances, credit card insurance may not be adequate coverage for certain destinations. We strongly recommend it covers cancellation, curtailment, personal liability and loss of luggage and personal effects, as well as provide cover against personal accident, illness, personal injury and medical resulting expenses. Purchasing the adequate travel insurance is your responsibility.

8. CANCELLATION POLICY

(a) After full payment and more than 21 days prior to the event = 50% cancellation fee per person and any supplier cancellation fees.

(b) After full payment and less than 21 days prior to an event = 100% cancellation fee

9. REFUNDS

No refund is available for cancellations or amendments after the retreat has commenced, or in respect of any transportation, accommodation, activities, meals, treatments or any other services not utilised.

Featherstone Physio Pilates Pty Ltd and Journeys of the Spirit Pty Ltd and its agents act only as an agent for participants in all matters relating to accommodation, transport, sightseeing, activities, experiences, tours, restaurants, guide services, spa and retreat facilities and its facilitators, and shall not be liable for any accident, illness, death, irregularity, injury, loss or damage caused by or arising out of services offered by FPP/JOTS. We may, at our sole option, where circumstances outside of our control affect the provision of our events or retreats (such as natural disasters, Acts of God, force majeure, fire, flood and extreme weather events, terrorist events, war, strikes, port or airport closures, border restrictions, pandemics or public health emergencies, technical issues with transportation, alteration or cancellation of a scheduled event or any part of an event), cancel the scheduled Event at any time. In which case, we will at our sole discretion, offer a change of date or credit for the same Event to be received at a future date, or offer an alternative Event of comparable standard as may be appropriate in the circumstances.

You may be able to claim on your Travel Insurance policy for any cancellation charges due to unforeseen circumstances. Please contact your Insurer for specific details.

10. RESERVATION OF RIGHTS

Whilst every effort is made to adhere to the retreat itinerary, there may be changes to this itinerary - from the hotels we use, the places we visit and the people that we meet along the way.

We hold the right to replace the retreat leader in case of illness or injury.

11. LIABILITY WAIVER

You acknowledge that:

(a) you have read and understood these Terms of Use.

(b) you have obtained medical advice from a doctor or licenced medical practitioner, as to your own personal health and safety prior to attending the Retreat;

Flow & Glow Retreat Terms & Conditions (page 3)

11. LIABILITY WAIVER (continued)

You acknowledge that:

- (c) you understand components of the Retreat have been formulated by a qualified physiotherapist but acknowledge that the Services may involve exercise and exertion which may pose a risk to your health and safety;
- (d) you will not exceed your limits during the duration of the Retreat;
- (e) you are accessing and attending the Retreat at your own risk and understand you are responsible for facilitating a safe participation;
- (f) you are voluntarily accessing the Retreat, and you will follow all safety instructions provided during the Retreat;
- (g) you are fully liable for all medical expenses incurred as a result of any injury incurred during the Retreat.

12. LIMITATION OF LIABILITY

- (a) Featherstone does not accept any responsibility for injuries, damage or loss which you may experience during the Retreat.
- (b) You and your legal representatives fully release Featherstone and Featherstone's agents, assigns, employees, contractors and officers from any claim, loss, damage or expense of any kind including in relation to injury, property damage, financial loss or wrongful death, occurring during or following the Retreat, whether caused by negligence or otherwise.
- (c) You agree to indemnify and hold harmless, FPP and JOTS from all liabilities, claims and expenses, including legal fees, that arise from your misuse of the Services or breach of these Terms of Use.

13. PRIVACY

- (a) By booking the Retreat, you agree you have reviewed or have been given the opportunity to review our Privacy Policy which can be accessed using the following link:
<https://www.feather-stone.com.au/terms-and-conditions>
<https://www.journeysofthespirit.com.au/legal/privacy>
- (b) We may modify our Privacy Policy from time to time and your continued use of the Service constitutes your agreement to any updated Privacy Policy on a prospective basis.

14. PHOTO/VIDEO RELEASE

- (a) You hereby grant FPP/JOTS the right and permission to use photographic material & video in which you are featured and are taken during the retreat.
- (b) FPP/JOTS holds the right to use / republish / copyright, etc. this material for advertising and promotional purposes.
- (c) You hereby release and discharge Featherstone and JOTS from any and all claims and demands arising out of or in connection with the use of the photographs and video footage, including without limitation any and all claims for libel or invasion of privacy.
- (d) You may email us at admin@feather-stone.com to advise you opt out

Looking for some more information? Let us help:

Contact Journeys of the Spirit:
Email: juliejournays@outlook.com
Website: www.journeysofthespirit.com.au

Contact Featherstone:
Email: admin@feather-stone.com.au
Website: www.feather-stone.com.au