



THE FITZROY INN AND DINTA DESTINY PRESENTS



THE WELLNESS RETREAT

Come join us among the tumble of the Autumn Tones, in the beautiful Southern Highlands, on March 13/14 2018, for "Your Wellness Adventure". In the solitude of the Historic Fitzroy Inn, consider your Lifestyle Changes, as you Relax, Rehabilitate and Reconsider your pathways with Jean, from "Dinta Destiny", your Lifestyle Coach, Teysha, from "Teysha Yoga", Vicky of "Mind Your Head", with her discussion on Sleep Management, and Dimitra-of "Personal/Nutrition", who is not only the author of many informative papers, but who also hosts a weekly Health and Nutrition Program on SBS.

Limited Accommodation is available at the Fitzroy with a generous "run of house rate", and Dinner at night is also available - booking essential.

Cost of the Package is \$370 per day, however take advantage of our "Early Bird Rate" of \$650 for the 2 days, payable by February 28th 2018. Refunds are available up until March 8 but not after and will attract 10% fee.

For Payment details please contact Ms Jean H Still , CONTACT NO:0417442680 Email:Jean.still@bigpond.com, PO Box 350 North Richmond NSW 2754

Cost includes: Informative Sessions, Tote Bag, Morning/Afternoon Tea, and Lunch. Please inform us of any Special Dietary Needs. For more information please visit our website www.dintadestiny.com

13/03/2018 - 14/03/2018

Featuring

JEAN | TEYSHA | VICKY | DIMITRA

FREE PARKING | SESSION STARTS AT 8 AM TILL 4 PM

THE FITZROY INN

WWW.FITZROYINN.COM.AU

WWW.DINTADESTINY.COM

The knowledge that you take away with you is your Choice, and there is no modality that will be emphasizing "What you should do"- Please fill the following form and Email/Scan/Post back to us, meaning that you are willing to join us for the event, understand and agree

Name _____ Address _____

Email _____ Payment date _____

Signature _____



Jean comes to the table with a long history of Motivational Practices, from the Work Place, the International Sporting Field, and Counselling Experience. Following a long history in the Dr William Glasser modalities, Jean follows Dr Glasser's Principles of "Counselling with Choice Theory - the New Reality Therapy", the emphasis allowing the participant to be "In Charge of their own Life", and realizing their Empowerment. The Course with Jean this time will cover three main Sessions - "An Introduction to Choice Theory", "Who's Driving Your Car", and "Who gives a R.A.T.S.S." - www.dintadestiny.com



Teysha has over 20years experience in the health, fitness and mind/body industry. She has worked in various Health Centres, Gyms, Leisure Centres, and Studios throughout Bowral, Mittagong and Moss Vale as both a Yoga Teacher, Group Fitness Instructor and Personal Trainer. Teysha has diverse knowledge and experience in teaching, working with and understanding people and their bodies. Teysha will give several Yoga and meditation Sessions over the 2 days, so please bring along suitable clothing for the session - your own Yoga clothing and Mat if you own these. - www.Teyshayoga.com.au



Vicky, with many years experience, is a Psychotherapist and Relationship Specialist. She passionately believes that each person has in them the innate drive for self-realisation, and the ability to integrate, transform and achieve their own Life's Purpose. Vicky has taken a strong interest in positive sleep patterns, and will be going into the benefits of Sleep management. www.mindyourhead.com.au/counsellor/vicky-kapatos



Dimitra is well known to a wide audience, as she hosts her weekly Health Program on SBS Radio, and has published many books and papers on Nutrition. While holding a broad view, her opinions are scientifically substantiated. Dimitra strongly believes in the benefits of the Mediterranean Diet. Dimitra will be talking about the necessity of having knowledge of comparable Food groups, and the Importance of Food preparation. www.personalnutritionist.com.au