



Revival @ One Mile - Forster

• Wellness & Nutrition Retreats •



Welcome...

Revival Nutrition welcomes you to a whole new level of wellness holiday! Come and relax beside the ocean while learning how to use Food as Medicine, over a well-deserved seaside break.

Relax...

That's the word! Unpack your bags, inhale the sea air, kick off your shoes and head down for a walk along beautiful One Mile Beach. You will never tire of the view from the breakfast table as you immerse yourself in the slow pace and begin to unwind. The abundant wildlife will astound you, as dolphins, whales, schools of fish and beautiful birds make this slice of paradise their home.



Learn...

Wellness @ One Mile Retreats are small, intimate and interactive. They focus on equipping you with tools to improve your wellness, which can be tailored to meet your group's personal interests and needs. Including yoga, stunning beach walks and wellness workshops, you will feel refreshed and replenished after your unique get away.

Nourish...

Your job is to enjoy and sample the yummy gut loving, hormone balancing and energy giving food prepared just for you. Emphasis is on nourishing, honest, simple foods that can be turned into delicious, easy meals you'll be able to cook at home for your own family. It's all about keeping things simple, enjoying the company and your environment.

Explore...

After all the great food and brain exertion, you're going to need some downtime to connect within or check out the local area. Afternoons could be used bushwalking, swimming, paddle boarding, browsing the local shops, having a massage or getting horizontal for a much needed afternoon snooze!

Keep it cosy...

Maximum group number is 4-5 which ensures you get the most out of your Wellness @ OneMile experience. Gather your friends or family for a more personalised and relaxing learning experience.





Location...

As the name suggests, the accommodation is perched on Cliff Road at One Mile Beach, Forster. With a northerly aspect, this unique setting is an easy 2 minute walk to the beach and Cape Hawke café (over summer months). For those looking for some activity, the breathtaking walk along the coastline to Beach Bums café on Main Beach is about 45 minutes.

Accommodation...

Beach Pad Forster is a comfortable 4 bedroom, 2 1/2 bathroom double storey home with a recent award winning renovation. The home is set up to sleep 8 people so there is an option to stay on after the retreat and have family/friends join you.

Choose your area of interest...

Retreats can be customised to suit your personal interests and needs. Some popular options are gut health, women's and hormone health, cooking for families, food for teenagers, mother and daughter retreats, conception and pregnancy...or it can just be about sun, surf, sleep and good food. Price to be advised on confirmation of specific itinerary.

Availability...

There are currently 3 dates available:

- 14-16 February 2020
- 3-5 April 2020
- 24-26 July 2020

Come on your own to meet new people, with a friend or book out one of the dates exclusively for your group.

Getting there...

As part of the Great Lakes region, Forster is located off the Pacific Highway, approximately 3.5 hours north of Sydney. Due to its central proximity on the NSW coast, it is a day drive from most major regional centres of NSW. The closest airport is located at Taree, a 30 minute drive away. Forster is home to some of the most beautiful beaches, lakes and waterways in Australia, so having a car gives you freedom to explore the region.

Wellness @ One Mile Package

Includes:

- 2 nights accommodation
- All meals (which includes 1 x breakfast out and 1 x dinner out)
- Pre-dinner welcome champagne and oysters on the deck
- Personal 30 minute Nutritional Consult and Wellness presentations
- 2 x 1 hour gentle yoga classes
- 1 x 1 hour massage
- Nutrition Bible to take home

\$1645 Per Person

(50% Deposit required on booking)

Bedroom 1 – 2 x king single beds

Bedroom 2 – 2 x king single beds

Bedroom 3 – Queen bed

I would be delighted to host you and share my knowledge to improve your wellness, awareness and happiness! Please contact me to if you want to know more!

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