



Living Balance Retreats

In our bespoke retreats we curate a series of mini-workshops suited to the participants and their needs. These can be created for individuals and organisations.

Topics and focus points include:

- The Art & Science of Living Balance
- Living on Purpose
- Priority, Focus and Energy Management for Peak Performance
- From Stress to Success – Positive Psychology of Achievement
- 7 Foundations of Healthy Relationships
- Transcendence and Meaning in Life

Thank you for providing such a beautiful warm, caring, nurturing, friendly, open space for me and the other beautiful people there. I really admire your ability to put forward all that information in a calm and nurturing manner.



For more information, please contact gabrielle@freespiritruenorth.com.au