

# Ultimate Girls Week Away Retreats



Retreats at Resorts

15-22 FEBRUARY 2020  
FIJI, PLANTATION ISLAND RESORT  
RETREAT PROGRAM



# BULA!

Welcome, from the team at Ultimate Girls Week Away Retreats.

It is our vision to create extraordinary experiences that give women from around the globe, permission to be themselves while learning about different cultures, connecting with inspiring female leaders, & providing a supportive community that celebrates everything that it means to be woman.

In this program you will be introduced to how the schedule of events will run during your stay with us in Fiji, and you'll begin to get to know our outstanding Workshop Facilitators.

Should you have any questions, or wish to book your place at our Ultimate Girls Week Away Retreat experience, please visit our website at [www.ultimategirlsweekaway.com](http://www.ultimategirlsweekaway.com).

I look forward to meeting you in Fiji!

Liesel Albrecht  
CEO & Director  
Retreats for Resorts

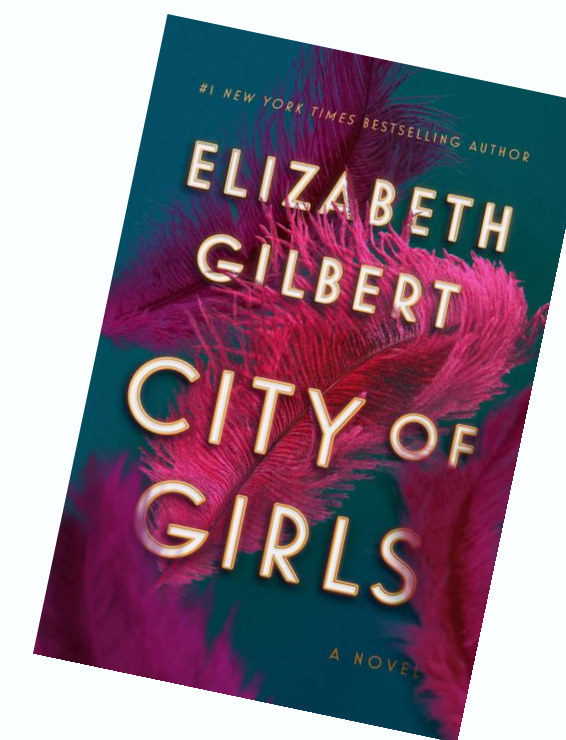


## THE MANTRA FOR OUR FEBRUARY 2020 FIJI RETREAT

At every Ultimate Girls Week Away Retreat that we host around the world, we decide on a mantra to focus on for the week.

As we are honoured and excited to have the inspiring and international best selling author, Elizabeth Gilbert join us in Fiji - this retreat mantra relates to her latest novel 'City of Girls'. In fact, we'd love all of you to read her book before you arrive. It will tickle your socks off, and give us plenty to talk about in Fiji!

"CELEBRATING THAT  
WE DON'T HAVE TO BE  
GOOD GIRLS TO BE  
GOOD PEOPLE."





# Ultimate Girls Week Away Retreats

IN LOVING MEMORY OF MY  
DEAR FRIEND KATHRYN...

...THIS IS FOR YOU.

We all have those women in our lives who are Soul Sisters ~ it's like we've known each other multiple lifetimes. Kathryn was one of my Soul Sisters. I knew when she left this world, after her battle with breast cancer, that it was time for me to use the memory of her spirit and friendship to truly step into the vision I had shared with her so often... but 'never got round to it'.

Kathryn, I got round to it.  
Much love and I know you're with us all the way...







# Ultimate Girls Week Away Retreats

## WHAT TYPE OF WOMAN IS OUR RETREAT FOR?...

The women who are attracted to our retreats are those with big hearts, smart minds, who care and want to make a difference in the world, however that may be for them. We have mothers, business owners, teachers, environmentalists, healers, carers and artists... there are no guidelines for what type of woman can join us in Fiji, rather we want to include every woman!

**However, the one commonality is this: We know you work hard, you nurture others, and more often than not, you put yourself at the end of your list.**

UGWA Retreats provide opportunities for you to learn, grow, and connect with other amazing women from around the world... but most of all we want you to let go, relax and have some fun!

We want you to let your hair down, run free, feel the sand beneath your feet, breathe in the fresh air, sleep, dance like no one is watching, let your inhibitions go, read a book, and just be your true self while letting your worries of the world fade away while you are in our company.

This is the type of rejuvenation that every woman needs, to then be able to re-enter the world with fresh eyes, fresh energy and be out there doing her thing.



Retreats at Resorts



# Ultimate Girls Week Away Retreats

## MESSAGES WE'VE RECEIVED FROM WOMEN COMING TO FIJI...

***"Hi Liesel!***

***Wow, we are super excited!***

***I will be coming over with my  
beautiful bestie Tessa, so we will share a room.***

***We live in seperate towns but we're getting together to go  
through the finer details on Friday.***

***And here we are, two small town nurses from New Zealand out  
for the adventure of a lifetime with all of YOU! How blessed  
are we? So very grateful to be on this journey..."***

***~ Corrie***



***'The three of us have gone through considerable family trauma of  
late and this is going to be a tonic for our soul. We worship at the  
house of Liz Gilbert, and to see her in person is a dream come true.  
Have a great day Liesel.'***

***~ Anonymous***







# Ultimate Girls Week Away Retreats

## WHAT WILL I GET OUT OF THIS RETREAT?...

Within this indulgent week away, we have created time for you to relax, breathe and rediscover yourself.

We aim to create an extraordinary experience that gives women from around the globe permission to be themselves while learning about different cultures, connecting with inspiring female leaders of all generations, & providing a supportive community that celebrates everything that it means to be woman.

The brilliance of our retreat is that it doesn't matter if you come alone, or with friends because no matter what... you will experience the magic of coming together with inclusive like-minded women.

Go home with new friends, who may last a lifetime and open new doors of opportunity because of the shared experience. Be inspired to live a life that's right for you.

Choose you with love, simply because you know you are worth it.



Retreats at Resorts





## *Ultimate Girls Week Away Retreats*

### ABOUT OUR PRIVATE TROPICAL PARADISE PLANTATION ISLAND RESORT, FIJI

Not only are we going to have an entire tropical resort all to ourselves, but Plantation Island Resort has just completed it's new refurbishment and upgrades in September 2019 ~ so it will be fresh and new for our stay.

Plantation Island Resort Fiji is nestled on the 553-acre Malolo LaiLai Island, part of the Mamanuca Group of islands, and is only 16km offshore west of Nadi International Airport.

The resort embraces 23 acres of lush tropical landscaped gardens and coconut palms, and kilometres of white, sandy beaches, some of which fronts a gorgeous, sheltered lagoon... exactly the type of setting dreamy Fiji retreats are made of!

From the very first moment you arrive you will experience the warmth and friendliness of their staff who will make your Ultimate Girls Week Away Retreat, one of your most memorable ever. Cool down and chill at one of their many pools or swim in the beautiful blue water lagoon. Watch the sunset and take all the time you need to discover the magic...

- 3 x Fresh Water Swimming Pools
- 3 x Bar/Restaurants
- 7 Accommodation Styles
- Air-conditioning
- Refrigerator
- Tea/coffee making facilities
- Overhead fans
- Patios or balconies
- Boutique
- Resort shop
- Mini-supermarket
- Mini-mart
- Beachside snack bar
- Mini putt-putt
- Tennis
- Internet facilities...

...and much more. Please see our website for more details.





# Ultimate Girls Week Away Retreats

## ULTIMATE INDULGENCES

- **WELCOME GIFT BAG:** To support your island retreat experience.
- A tropical island resort all to ourselves. No kids. No distractions.
- Daily meditation, yoga, dance & fitness opportunities.
- Full suite of workshops to tantalise any area of your life you'd like to work on or explore.

## ULTIMATE HEALING HUB

- **FREE MASSAGE FOR ALL:** Receive a 30min massage on us!
- Enjoy the healing hands of Fijian healers & our very own UGWA facilitators.
- Treatments ranging from Bowen Therapy, Reiki and many more...

## ULTIMATE GIVING BACK

- **FROM SIMPLY ATTENDING:** Contribute to something bigger than yourself.
- A portion of your retreat ticket will be going towards the following foundations:
  - So Brave - Young Women's Breast Cancer Charity
  - Youth Insearch - Youth Suicide Prevention Charity

## ULTIMATE CENTRE STAGE

- **EXTRAORDINARY VIP SPECIAL GUEST:** Elizabeth Gilbert!
- Presentations that will blow your mind & inspire
- Entertaining & relevant panel discussions to keep you on your toes

## ULTIMATE RESORT EXPERIENCES

- **BUCKET LIST TICK:** Dolphin Reef Safari or Heli Tour anyone? (see T&Cs).
- All meals and airport transfers are included... only pay for your drinks!
- \$75 Fijian Dollar gift voucher to spend anywhere on Plantation Island.
- Free wifi so if you wish, stay connected to the outside world.
- 7 types of accommodation to suit everyone's taste.
- All rooms air-conditioned with mini-bar fridge.
- 3 resort pools & the pacific ocean to keep you relaxed any time of day or night.

## ULTIMATE ENTERTAINMENT

- **SACRED FIJIAN ELDERS BLESSING:** To officially open our time together.
- Enjoy evening entertainment from string bands, DJ's and Fijian dancers.
- Shopping! Two market nights to indulge your shopping desires.
- Opportunity to join the Ultimate Girls Week Away Choir.
- Closing cocktail party you won't want to miss... bring you pearls & feather bower!

**And there's more!...** for full list of inclusions & extras, please visit our website and terms & conditions: [www.ultimategirlsweekaway.com](http://www.ultimategirlsweekaway.com)





# Ultimate Girls Week Away Retreats

## COMMON QUESTIONS

Investing in an experience like this, and because everyone will be travelling internationally overseas, we expect that you will have questions.

On our website at: [www.ultimategirlsweekaway.com/pricing](http://www.ultimategirlsweekaway.com/pricing)

We have clearly set out:

- **Accommodation Options (there are 7, so something to suit everyone)**
- **What IS included in your retreat package**
- **What ISN'T included in your retreat package**
- **What travel passport documentation & insurance you will need**
- **Plus other frequently asked questions such as room allocations, payment plans, dietary requirements and our terms & conditions.**

If we haven't covered off what you are wondering about, then please don't hesitate to contact us at: [www.ultimategirlsweekaway.com/contact](http://www.ultimategirlsweekaway.com/contact)

Our team is ready and happy to assist you.







## DAILY SCHEDULE

You will receive a detailed itinerary of options and sessions closer to the time of our retreat, & the below outline is subject to change.

- 6:30 -8:00AM Pre breakfast activities eg. yoga, dance, meditation
- 7:00 -9:30AM Breakfast & free time
- 9:30 -11:00AM Key Note Speeches & Panel Discussions
- 11:15 -12:30AM Ultimate Sister Circle break out groups
- 12:30 -2:00 PM Lunch & free time
- 2:00 -4:00 PM Afternoon workshops
- 4:00 -6:30 PM Free time, resort activities, treatments & private sessions
- 6:30 -9:00 PM Dinner, free time & evening events

\* Please note it's up to you how many workshops & sessions you attend  
This is all about YOU and creating your Ultimate Girls Week Away!

\*\*Schedule is subject to change prior to retreat commencement.

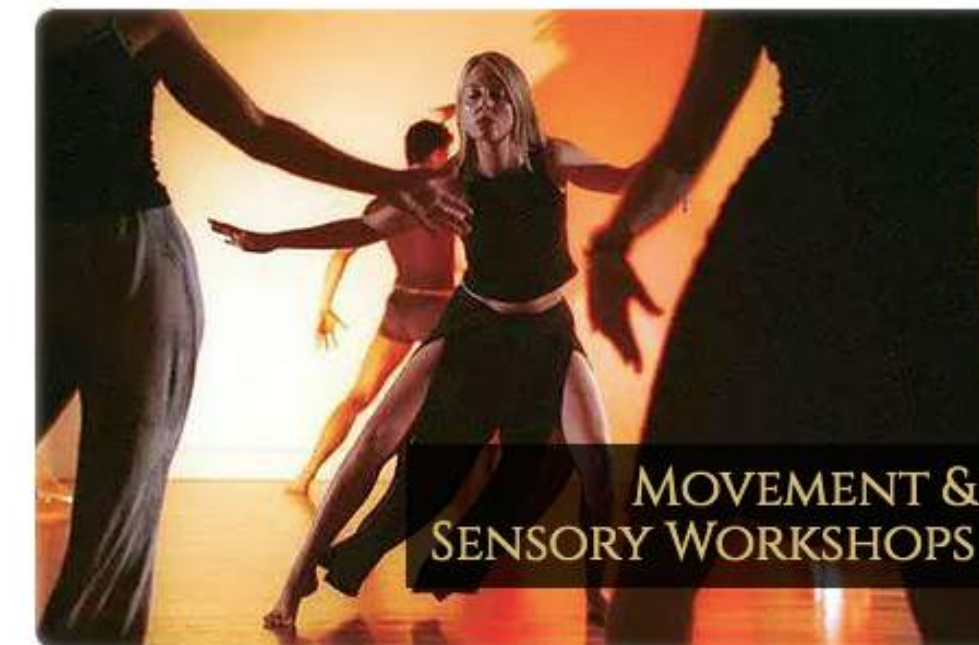
## YOUR WEEK AT A GLANCE

- SAT 15 FEB: **ARRIVAL DAY:** You you will be greeted by our team who will make sure check-in is seamless and everything is taken care off. The rest of the day is yours to settle in relax.
- SUN 16 FEB: **CONNECTION:** Today is about getting to know one another, orientation, workshops & our sacred welcome ceremony in the evening.
- MON 17 FEB: **INSIGHT:** Our second day of workshops and daily sessions. Be delighted and inspired by our facilitators.
- TUE 18 FEB: **BEING BRAVE:** Join us for the much-anticipated key note presentation with Elizabeth Gilbert. She will take us through a journey by using stories from her own life.
- WED 19 FEB: **CREATIVITY:** 4hr Creativity Workshop with Elizabeth Gilbert. This will be broken up in to 2 x 2hr sessions with lunch in between.
- THU 20 FEB: **EXPLORATION:** Free day to explore the island, enjoy resort activities, or simply lay back by the pool or beach and enjoy island life.
- FRI 21 FEB: **CELEBRATE:** Our last day of workshops, & celebrating who we are with closing party and ceremony.
- SAT 22 FEB: **HOMEWARD BOUND:** Saying goodbye is never easy, but we can assure you you'll have made new friends for life... and we'll see you at our next retreat!





# MEET YOUR WORKSHOP FACILITATORS





# *Ultimate Girls Week Away Retreats*

## LEARN, GROW & BE INSPIRED WITH OUR SPEAKERS & WORKSHOP FACILITATORS...

When we sat down to think about who we'd like to invite to the first ever Ultimate Girls Week Away Retreat as our VIP Special Guest, it was a no brainer when Elizabeth Gilbert's name came up in conversation.

With millions of women around the world touched by the poetic words of Elizabeth Gilbert in any of her numerous books from Eat. Pray. Love., to Big Magic, and her most recent: City of Girls ~ we know how comforting, supportive and inspiring Elizabeth's story telling has been.

We are absolutely thrilled that Liz had time, and said "Yes!" to being a part of our retreat experience in Fiji. (Make sure you check out our website to watch video messages from her).

And to further support your time at the UGWA Retreats, we have personally hand picked our team of workshop facilitators. Some you may know, others you may not, however we guarantee that the quality of insight, knowledge and transformation that each woman brings to our retreat is second to none, as they are all experts in their field.



Retreats at Resorts



## ELIZABETH GILBERT

Ultimate Girls Week Away Retreat - Fiji 2020

OFFICIAL VIP KEY NOTE SPEAKER & WORKSHOP FACILITATOR



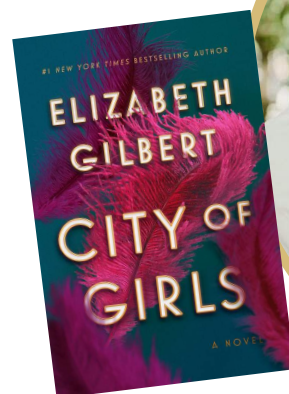


# INSPIRATIONAL SPEAKERS & WORKSHOPS

Ultimate Girls Week Away Retreat Core Values  
CULTURE | INSPIRATION | AWAKENINGS

## ELIZABETH GILBERT

Writer & Best Selling Author, USA  
[www.elizabethgilbert.com](http://www.elizabethgilbert.com)



### KEY NOTE TALK

Elizabeth will share about how, for years, she has been meeting people who tell her that they long to live more creative lives, but are somehow blocked by fear — fear of criticism, fear of failure, fear of stepping out of the box, fear of unworthiness, or fear that they don't even have a creative bone in their body.

### CREATIVITY WORKSHOP

Using stories from her own life of creative exploration, as well as experiences from her world travels, she will show how "everyone is invited", and will explain how absolutely everybody — no matter what their background or position in life — can benefit from exploring and expressing their own inherent creativity. She will explain how every human life is a creative endeavor, and that creativity is not just a privilege of artists.

Defining a creative life as "any life where your decisions are guided by curiosity instead of fear," she will open you up to your imagination and what are the possibilities when seeing creativity, and your own journeys, in a lighter, more easeful manner.



## SHANNON BUSH

Chief Liberator & Thrive Activator, Australia  
[www.creativepossibility.com.au](http://www.creativepossibility.com.au)

### OFFICIAL UGWA KEY NOTE SPEAKER

To thrive or not to thrive? Surely the ultimate question every woman explores as you seek a life that's richer, expressive and increasingly effortless.



## STASHA WASHBURN

The Period Coach, USA  
[www.theperiodcoach.com.au](http://www.theperiodcoach.com.au)

### OFFICIAL UGWA KEY NOTE SPEAKER

Periods and menopause, the final frontier for women and the world's holistic health. These taboo topics have not only affected us as women, but society as a whole, causing real harm for all of us.



## ROMANY ROMANY

Magician, Author & Speaker, England  
[www.romanymagic.com](http://www.romanymagic.com)

### OFFICIAL UGWA VIP PERFORMER

Romany travels the world performing her beautiful visual magic uplifting hearts and making people giggle. Called "A cross between Bette Midler and Mary Poppins" by Time Out, she is a headline act on luxury cruise ships, parties and theatres.







# CULTURAL WORKSHOPS

Ultimate Girls Week Away Retreat Core Values  
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## GINSELA PINEIRO

Artist & Creativity Guide, Australia  
[www.artuitionwithgisela.com](http://www.artuitionwithgisela.com)

### UNLEASH YOUR INNER ARTIST PAINTING WORKSHOP

When you get busy, it's easy to forget to listen to your heart. Using creative activities such as painting on a regular basis, is an opportunity to create a 'pause point' for you to tune in and feel what your heart needs - rather than your mind dictating your decisions.



## JO JOHNSON

Story Teller & Content Coach Australia  
[www.thecontentcoach.com.au](http://www.thecontentcoach.com.au)

### THE ART & SCIENCE OF STORYTELLING WORKSHOP

Storytelling is an essential tool for effective communication. It helps you deliver your message in an entertaining and memorable way, and elevate from where you are to being seen as a leader - whether that be in the workplace, community, sporting club, family, or industry.



## KERRY SLATER

Intuitive Healer, Australia  
[www.holisticessentialtherapyandconsulting.com.au](http://www.holisticessentialtherapyandconsulting.com.au)

### CHAKRA CLEANSING & BALANCING MEDITATION WORKSHOP

Tune in and intuitively connect to each of your chakras. You will be asked a series of questions to identify areas of your life that require your attention, and what changes if any that you can implement.



## MELANIE MIDEGS

Futurist & Psychosomatic Therapist, Bali  
[www.seedtosoul.com.au](http://www.seedtosoul.com.au)

### FACE READING & CHAKRA PHILOSOPHY WORKSHOP

Learn how the Chakra System can be seen in your face and help you to realise your brilliance. Your body and your face are a direct reflection of your emotional wellbeing on the inside. Be ready to experience a unique workshop that will open your eyes to a whole new you.



## TRACY VERDUGO

Artist, Author & Inspiration Instigator, Australia  
[www.tracyverdugo.com](http://www.tracyverdugo.com)

### YOUR SACRED MARK WORKSHOP

Discover an array of techniques to explore the beauty of your own way of seeing the world. Find ways to loosen up and embrace limitless possibilities in your art making through acrylic ink, collage and written word.







# TRANSFORMATIONAL WORKSHOPS

Ultimate Girls Week Away Retreat Core Values  
CULTURE | INSPIRATION | AWAKENINGS



## CHRISTINE FARNHAM

Energetic Healer, Australia  
[www.eternallotus.com.au](http://www.eternallotus.com.au)

### RECLAIM YOUR LIGHT WORKSHOP

Lost your zest for life? Rediscover the flame that propels you out of bed every morning, feeling motivated to create the life you keep dreaming about.



## DOMINIQUE OYSTON

Voice Visionary, Australia  
[www.goddessvoiceacademy.com](http://www.goddessvoiceacademy.com)

### SPEAK WITH POWER WORKSHOP

Learn breakthrough strategies that help you understand your voice as a pathway for transformation, motivation and inspiration. Understand how YOUR voice is programmed to serve your soul purpose and how to set it for business success.



## JESSICA MAN

Transformational Relationship Coach, USA  
[www.lifemasteryinstitute.com](http://www.lifemasteryinstitute.com)

### YOUR UNIQUE VISION WORKSHOP

Learn what wealthy people do that creates sustained success. Experience a proven method for dissolving resistance you may have to prosperity so you can attract higher levels of results and abundance.



## JOY FAIRHALL

Positive Psychology & Wellbeing, Australia  
[www.mindbodyjoy.com.au](http://www.mindbodyjoy.com.au)

### THE POWER OF HAPPINESS & JOY WORKSHOP

After this session you'll easily & effortlessly be able to move from uncertainty and turmoil to feeling you have control and certainty in your life again, enabling you to experience daily joy & happiness once more.



## DIANE DIVONE

Wellness & Life Coach, USA  
[www.dianedivone.com](http://www.dianedivone.com)

### LET'S TALK ABOUT SEX - COMING HOME TO YOUR BODY WORKSHOP

Become curious about your internal dialogue around your body responses and sensations. We will collectively become playful and childlike reclaiming those parts of ourselves to reignite the wonder, imagination and adventure that resides inside each of us.







# TRANSFORMATIONAL WORKSHOPS

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## KIMBERLEY DASHIELL DANZA

Fitness Strategist, USA  
[www.kimberleydashiell.com](http://www.kimberleydashiell.com)

### FIT, FUN, FIFTY-ISH WORKSHOP

We want to feel strong, flexible, and light on our feet, but how? Let's get together and laugh and have fun and talk about what is happening with our bodies and what we are going to do about it.



## LEANNE BLANEY

Balance & Adventure Coach, Australia  
[www.leanneblaney.com](http://www.leanneblaney.com)

### HOW TO JUMP OFF THE BURNOUT TREADMILL WORKSHOP

Identify what's holding you back and work through 10 key steps to reverse your burnout trend, allow you to build resilience and see a bright future where you can blossom into the magnificent woman you truly are.



## LISA HARTWELL

Clinical Psychologist USA  
[www.drlisahartwell.com](http://www.drlisahartwell.com)

### THRIVING RELATIONSHIPS WORKSHOP

Get to the root of those pesky relationship issues that keep coming up. Feeling stuck, confused and finding it hard for you to stay away from criticism and blame during conflict? Then this workshop is for you.



## MARILOU COOMBE

Mama Mentor, Australia  
[www.mariloucoombe.com.au](http://www.mariloucoombe.com.au)

### MAMMA CARE: VALUE BASED PARENTING WORKSHOP

In this interactive session we will be examining the language that you use in everyday life - including self-talk, your beliefs, and how these reflect and influence how you bring up your children.



## TAMMY PIKE

Wellness Coach, Australia  
[www.earthradianc.com](http://www.earthradianc.com)

### DE-STRESS & ORGANIC SKINCARE WORKSHOP

Learn techniques that will educate, nurture & inspire you to create more ease and beauty in your every day. Be taken through a step by step mini facial and lap up the nourishment as you are guided through a relaxing meditation.







# MOVEMENT & SENSORY WORKSHOPS

Ultimate Girls Week Away Retreat Core Values  
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## ALISON MARLOW

Personal Colour & Style Consultant, England  
[www.shinebrightyourlight.com](http://www.shinebrightyourlight.com)

### SHINE BRIGHT YOUR LIGHT WITH COLOUR WORKSHOP

Discover the transformational power of colour. Learn its practical applications to bring visual harmony to your look, lighting you up from the inside out and radiating a natural confidence that's visibly magnetic.



## JEANNE RUSSELL

Consciousness Coach, USA  
[www.dolphintouch.org](http://www.dolphintouch.org)

### PAST LIFE REGRESSION WORKSHOP

Your eternal soul has lived other lifetimes which in turn can impact your current career, health, relationships, family and life lessons. Together we will uncover messages from your past lives.



## KATE KAZONY

Soul Mentor, Australia  
[www.familyfestival.com](http://www.familyfestival.com)

### PERMACULTURE & ENVIRONMENTAL ART THERAPY WORKSHOP

Women for centuries have woven stories, songs and their dreaming through the metaphors of our environment. As women we easily connect to our planet, Mother Earth.



## MIGNON LEE-WARDEN

Sound Healer, Australia  
[www.lotuswellbeing.com.au](http://www.lotuswellbeing.com.au)

### SACRED SOUNDS WORKSHOP

Come on a divine journey of song, sound and vibration using empowering mantras and chants from the Goddess, Yogic, Kabala, African and Ancient Women's traditions.



## STASHA WASHBURN

The Period Coach, USA  
[www.theperiodcoach.com](http://www.theperiodcoach.com)

### PERIOD & MENOPAUSE WORKSHOP

Take in fun, practical, and energetic information you need to know about your period. Learn how your cycles don't stop just because you stopped bleeding, and how to tap into your power at every stage of every age.







# MOVEMENT & SENSORY WORKSHOPS

Ultimate Girls Week Away Retreat Core Values  
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## RADZY CASSIDY

Qoya Teacher & Intuitive Healer, India  
[www.qoya.love/radzy-chugh.com](http://www.qoya.love/radzy-chugh.com)

### QOYA MOVEMENT WORKSHOP

Qoya combines the wisdom of yoga, the creativity and free spirit of Dance and the pleasure of feeling feminine movement in our bodies. It is an invitation to get out of your head and into your heart.



## SHANNON BUSH

Chief Liberator & Thrive Activator, Australia  
[www.creativepossibility.com.au](http://www.creativepossibility.com.au)

### INTENTIONAL PERMISSION WORKSHOP

An interactive, highly engaging and wonderfully creative workshop, Intentional Permission will be the ideal accompaniment to Shannon's keynote presentation - You; Totally Thriving.



## MICHELLE PREMURA

Botanical & Natural Lifestyle Therapist, USA  
[www.turquiosebarn.com](http://www.turquiosebarn.com)

### BOTANCIAL SENSORY WORKSHOP

Experience Yoga Nidra meditation, plant music, aromatherapy, art, and nature connection. You'll also enjoy botanical cuisine, wild foods and herbs that your taste buds won't want to miss!



## SARAH RICHARDSON

Running Coach, USA  
[www.riseandshine.run](http://www.riseandshine.run)

### PRINCIPLES FOR EMPOWERED & INJURY FREE RUNNING WORKSHOP

Spend your mornings with Sarah Richardson, Author, Master ChiRunning Instructor, and owner of Rise And Shine Running, as she immerses you in ways to maintain your motivation and stay injury free while running.



## SILFATH PINTO

Transformational Coach, Benin  
[www.silfathpinto.com](http://www.silfathpinto.com)

### FEMININE MAGIC: UNLEASH YOUR CREATIVE POWER

Uncover ancient wisdom and modern discovery of the power that lies in your belly. The womb is at the centre of your feminine power, and your capacity to create, flow, enjoy and be deliciously magnetic is directly related to how juicy, nurtured and healthy our womb is.





# OPENING CEREMONY

As we settle in for the week, on the second night we will pay respects to the ancestors of the land. In honour of the Fijian people who have welcomed us, we will have a Traditional Fijian Elders Blessing followed by a Fire Dance.

Enjoy a beautiful meal as the sun goes down and take it all in, as we prepare ourselves for a week of a lifetime... memories you'll speak of forever all start here.

The Ultimate Girls Week Away Retreat Fiji 2020 is in full swing!





# PANEL DISCUSSIONS

With so many wise women from all backgrounds, and ages gathered together, we will be taking advantage of the opportunity to discuss some hot, real and current topics that affect what it is to be a modern woman in 2020.

Lisa Entwisle, who is a Life Clarity & Wellbeing Coach, as well as a professional podcaster & lover of asking great questions, will be facilitating conversations during four compelling panel discussions on our centre stage. These will be interactive and include audience participation.





# ULTIMATE HEALING HUB

Throughout your stay with us at Plantation Island Resort, a number of our fabulous Workshop Facilitators will also be offering meditations, private sessions, treatments, healings & readings for you to enjoy.

Any offerings within the Ultimate Healing Hub are included within your retreat package & will be shared with you closer to your arrival date.





# MARKET NIGHTS

We will be hosting two market nights on the island.

The first will be an opportunity for all UGWA retreat attendees (yes, that includes you!) to have a small market stall to sell handicrafts, books or any other type of product you wish. Your small fee to have a market stall will be donated to both of our chosen charities. Once registered you will receive information about this.

For the second market night, we will have a local Fiji village come in to share and sell their traditional handicrafts.





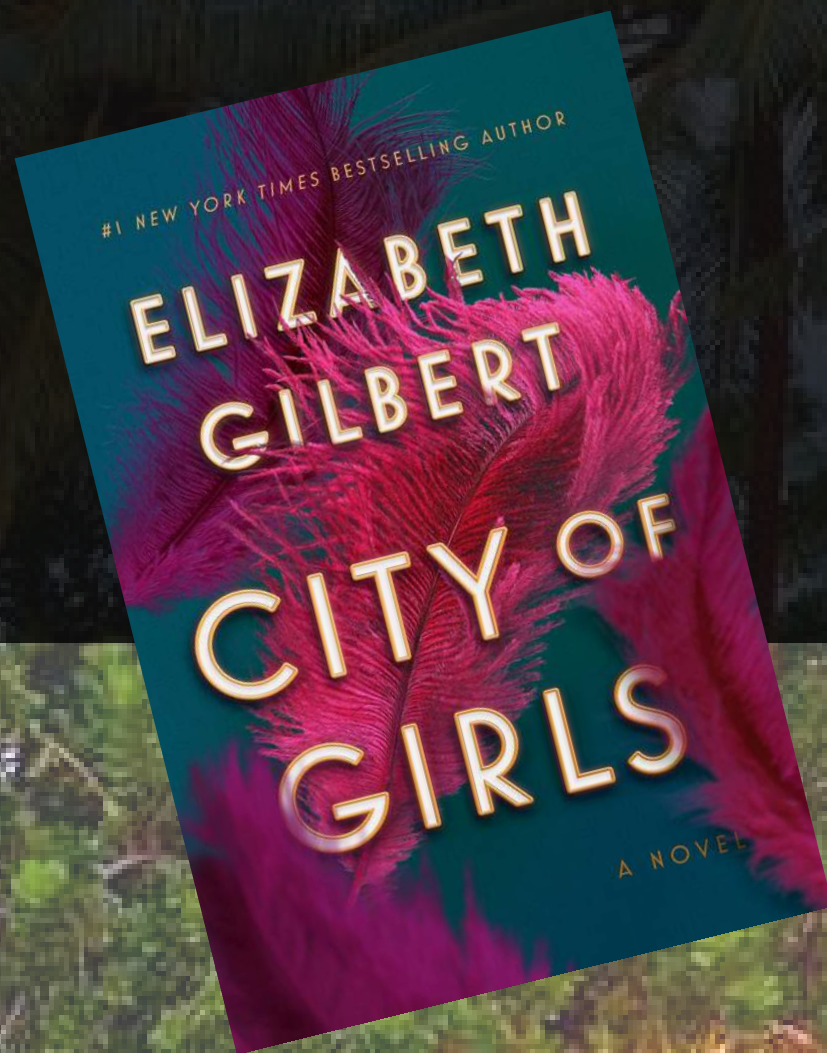
# TROPICAL ISLAND ACTIVITIES

If you are feeling adventurous, there is opportunity to book yourself any of the Plantation Island Resort activities. From Heli Tours, Sky Diving, Outer Reef Experiences, Bike Riding, Diving, Jet Ski Island Adventures, Diving, Surfing or Golf.

These activities are at an additional cost to your Retreat Package, and we will be in contact with you prior to arrival to organise bookings.







# CLOSING CELEBRATION

Pack your pearls, sequence & feather boas as we get ready to dance & celebrate what it is to be woman! Once you book your retreat package you will be sent more information about this spectacular finale event!

Our closing party is a fancy dress affair to end our week together on a playful note. And like any good party, what you put in you get out... there will be plenty of prizes to be won for best costume.





# Ultimate Girls Week Away Retreats

## RETREAT INVESTMENT

The Fiji 2020 Ultimate Girls Week Away Retreat Packages are listed on our website in AUSTRALIAN DOLLARS.

Retreat packages range from AUD\$3,597 to AUD\$5,399, and are based on the type of accommodation style you'd prefer, and the number of people you'd like to share with. Single, Double and Triple share occupancy is available, and of course we are more than happy to buddy you up with other woman to share a room if you'll be coming on your own adventure (good on you!) ~ just let us know during your registration process.

Please take the time to read through all the information on our website, our workshop brochure and terms & conditions.

The Ultimate Girls Week Away Retreats prides itself and providing you with exceptional value and an experience you'll remember for years to come. The value of collective wisdom we have from the International Ultimate Facilitator's Team is exceptional, and coupled with our very special VIP Guest, Elizabeth Gilbert, we are very confident that everyone will be flying high on their way home from their experience with us in Fiji.





# *Ultimate Girls Week Away Retreats*

## SPONSORSHIP OPPORTUNITIES

The Ultimate Girls Week Away Retreats are always open and happy to discuss sponsorship opportunities with companies or businesses that are in alignment with our core values.

Our retreats are created by women, for women. First and foremost to celebrate what it is to be woman, but also to support, inspire, educate and motivate women to be the best they can be in this world, and to continue making a difference what ever that is for them.

To enquire or set up a meeting, please contact us via our website at:  
**[www.ultimategirlsweekaway.com/contact](http://www.ultimategirlsweekaway.com/contact)**





# *Ultimate Girls Week Away Retreats*

## GIVE BACK & SUPPORT WOMEN

The Ultimate Girls Week Away Retreats is proud to support Australia's 'So Brave' Young Women's Breast Cancer Charity.

In 2019, 900 women under 40 years old will be diagnosed with Breast Cancer in Australia. For many young women, their diagnosis comes at a pivotal time in their lives when they may or may not have just started having children, have committed to mortgages or are starting to get traction in their careers. What a diagnosis brings can be absolutely devastating and impacts every facet of life including relationships, fertility and even financial security.

Over the past four years So Brave has invested AUD\$115,000 into breast cancer research and support projects assisting 48 women with breast cancer. Their yearly So Brave Calendar, besides being a simply beautiful collection of artistry on many levels, has been raising awareness and funding for this very important cause.

A portion of every woman's UGWA Retreat Package will be contributed to So Brave.

To learn more please go to: [www.sobrave.com.au](http://www.sobrave.com.au)

# SO BRAVE





# *Ultimate Girls Week Away Retreats*

## GIVE BACK & SUPPORT YOUTH

The Ultimate Girls Week Away Retreats is also proud to support Australia's Youth Insearch - Rebuilding Young Lives organisation.

Youth Insearch runs one of the most successful youth intervention programs in the country. Working with at risk youth aged 14 to 20 supporting them to turn their disadvantages into their advantages, enabling them to reach their full potential.

The program has a peer focus, on young people helping young people.

Since 1985 the program has helped over 31,500 young people rebuild their lives, and assists around 1,000 young people per year across NSW, VIC & QLD. Youth Insearch is an independent charitable organisation and is not affiliated with any religious or political group.

A portion of every woman's UGWA Retreat Package will be contributed to Youth Insearch.

To learn more please go to: [www.youthinsearch.com.au](http://www.youthinsearch.com.au)



**YOUTH** REBUILDING  
YOUNG LIVES  
**INSEARCH**





# *Ultimate Girls Week Away Retreats*

## IS IT RIGHT FOR YOU?

The Ultimate Girls Week Away Retreat in Fiji welcomes with open arms, women from all countries and from all backgrounds (the only guideline is that participants must be 18+ years).

This 7 Day Retreat is focused around supporting you to create your own Ultimate week away... allowing you to select the exact activities you feel you need to support, nurture and inspire you to take the next step, begin your next chapter or get back to changing the world!

This is your journey and we'd love to be a part of it.

If you have any questions about the retreat and if it's right for you, please don't hesitate to contact us via our website at: **[www.ultimategirlsweekaway.com](http://www.ultimategirlsweekaway.com)**





From all the Team & Workshop Facilitators at  
**THE ULTIMATE GIRLS WEEK AWAY RETREAT**

*We look forward to seeing you in Fiji!*

15-22 FEBRUARY 2020  
PLANTATION ISLAND RESORT

