



North West Tasmania Tours

Qi Gong, Tai Chi, Sound Healing and Meditation In a Majestic Ancient Rainforest – 1 day Wellness retreat

Summary

The clearest way into the universe is through a forest wilderness – John Muir

Takayna/The Tarkine is one of the oldest temperate rainforests in the world. Here in this enchanted and magical forest we spend the morning reconnecting our spirit to earth. Experience the ancient practices of Qi Gong/Tai Chi, Meditation and Forest Bathing against a backdrop of awe-inspiring beauty. These practices will enhance your relationship with nature and provide a sense of deep peace and clarity.

After lunch you receive two one on one *treatments by qualified practitioners designed to cater to individual requirements. The day closes with participants feeling centered, invigorated and ready to face the world! Many have called this day a truly transformative experience. Lunch and morning tea are included.

****Itinerary***

8.30 Gather at The Postmaster Inn Bed and Breakfast – Smithton or designated pick up spot

Meet at The Postmaster Inn Bed and Breakfast in Smithton or prearrange a pick up at a designated point. Meet your guides and fellow retreat participants, your guides will discuss the day's activities and invite any questions you may have.

9.00 Depart Smithton for Lake Chisholm takayna/The Tarkine, arrive 10.00am

The journey to **Lake Chisholm** is through beautiful lush green pastures and forests, Lake Chisholm itself is a calm lake hidden in the ethereal takayna/Tarkine rainforest. Imagine, if you will, a sparkling lush rainforest, still and peaceful with a sense of remoteness, and in the middle of it a calm lake with mirror-like reflections. The silence is profound.

10.00 Qi Gong, Meditation and Forest Bathing

The walk into the takayna/Tarkine rainforest towards Lake Chisholm is quite surreal and may imbue a feeling of peace and connection to nature, you've stepped into a picture of dark mossy floors and an understory of twisting tree ferns under a canopy of towering ancient trees. Arriving at lakes edge our expert practitioners guide you through the graceful movements of Qi Gong and the enriching practices of meditation and sound healing.

12.15 Depart for Julius River takayna/Tarkine - Lunch and Rest stop

Enjoy lunch in the picnic area of Julius River part of the beautiful takayna/The Tarkine

12.45 Depart Julius River for Smithton

1.45 Arrive Smithton

2.00 *Individual Treatments

The afternoon consists of 2 individual treatments per person delivered by our qualified practitioners. The individual treatments on offer are:

- **Reiki** - A form of energy healing designed to encourage emotional and physical healing

Address: 10 Smith Street, Smithton, Tasmania, 7330, Australia. E: info@northwesttasmaniatours.com

Website: www.northwesttasmaniatours.com Phone: 03) 5977-3867 Mob: 0434 600 420. ABN 38 651 996 584.

- **Craniosacral** - uses a light touch to examine membranes and movement of fluids in and around the central nervous system. Relieving tension in the central nervous system promotes a feeling of well-being by eliminating pain and boosting health and immunity.
 - ***Aura-Soma** - Harnessing the vibrational powers of Mother Nature, Aura-Soma is a system of colour, plant and crystal energies that enhance happiness and vitality. **1-hour treatment*
 - **Sound Healing** - Sound healing synchronizes brain waves to achieve profound states of relaxation, helping to restore the normal vibratory frequencies of the cells in our bodies
 - **Card Reading** - Choose a reading from Tarot, Angel, Forest, Egyptian Cartouche or a selection of other cards
- 5.00 Day concludes

Tour includes:

- ♥ **Guided activities with qualified practitioners**
- ♥ **2 Individual half hour treatments or 1 one hour treatment**
- ♥ **Lunch**
- ♥ **Morning tea**
- ♥ **Bottled waters**
- ♥ **All Parks and Wildlife permits**
- ♥ **Luxury transport to all tour destinations.**

Price: \$280 per person

Group size Maximum of 10 people. Minimum of 6 people.

Terrain Easy to moderate, forest walking

Bring your Comfortable and stout walking shoes, camera, wet weather gear (seasonal), warmer layers in cooler months, sunglasses, sunscreen and hat.

Add Options

- ❖ Include additional or extended one on one treatments. To book **Ph 03) 5977 3867**
- ❖ Include 1-night accommodation in a Queen room with private ensuite at [The Postmaster Inn](#), a boutique Bed and Breakfast with full dining service – Rate includes a continental breakfast per person. **Add \$160 per room – maximum 2 guests**
- ❖ Include breakfast and or dinner – Choose from our selection of gourmet meals highlighting fresh local gourmet fare. Contact us for information regarding meal options **Ph 03) 5977 3867** or go <https://thepostmasterinn.com/dining-menu/>
- ❖ Include Airport transfers - for information regarding airport transfers Contact **Ph 03) 5977 3867**.

Contact North West Tasmania Tours for confirmation of meeting and pick up points

Phone: 03) 5977 3867 or Email info@northwesttasmaniatours.com

✓ **Accredited tour operator**

✓ **Hire vehicle licence**

✓ **Working with vulnerable people registered**

✓ **Public liability insured**

**Itinerary may change subject to weather*

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