

S+J
integrated
A PILATES
BODY STUDIO wellness

S + J INTEGRATED WELLNESS PRESENTS

Rising Sun Retreat

MAY 27TH - 30TH 2027

RISE • RENEW • RADIATE

ECOVIEW RETREAT GOLD COAST

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Situated in the tranquil Gold Coast hinterland, this Sunrise retreat invites you to slow down and reconnect.

Surrounded by lush rainforests and mountain views, you'll immerse yourself in mindful movement, nourishing food, and restorative wellness practices designed to reset body and mind.

See below for price options. If you have any questions, please email us at admin@sjintegratedwellness.com.au

3 NIGHTS		FINAL PRICE	
ECOVIEW VILLA	SINGLE SHARE/pp	TWIN SHARE/pp	
ECO VILLA	\$3895 AUD	\$2995 AUD	
DEPOSIT	\$500 AUD	\$500 AUD	

- 3 nights accommodation, enjoy your own room (single share/couples) or share with a friend (twin share)
- Eco Villas feature extraordinary uninterrupted views, all linen and towels, private deck, climate control, ensuite with separate toilet, hairdryer, casting to TV, couch, small fridge, iron and board, body wash, shampoo and conditioner.
- All meals provided + movement activities.
- Payment plans available please contact us after you have paid your deposit



WHAT'S INCLUDED

- 3 nights of boutique accommodation in the tranquil Gold Coast hinterland
- Private Chef – Daily breakfast, lunches, dinners all prepared by Darryn Bonhomme featuring nourishing, seasonal ingredients
- Daily Pilates movement classes guided by the S+J Integrated Pilates Wellness Team
- Pilates Embodiment workshop led by Director & Retreat creator Jordanna & Shayne Smith
- Returning guest presenter Carly Allen will guide us through an immersive journey of healing, self-discovery and spiritual meditation, creating space for deep relaxation, reflection and transformation.
- Scenic bush walks through the surrounding rainforest
- Full access to the resort's wellness facilities including infrared saunas, plunge pools, and fitness centre

WHAT'S NOT INCLUDED

- Airfares & transfers
- Travel Insurance (advised if travelling interstate/overseas)
- Alcoholic Beverages



Tentative Schedule

THURS MAY 27TH

3.00pm Arrivals
3.00-3.45pm Afternoon Tea/Check in
4.00pm MOVEMENT CLASS TBA
6.30pm Welcome Dinner- Canapes

FRIDAY MAY 28TH

6.30am Morning Bushwalk (Optional)
7.45am MOVEMENT CLASS (TBA)
9.00am Breakfast
10-12.30 MOVEMENT WORKSHOP (TBA)
12.30- 2.00pm Lunch
2.00pm Free Time- Pool | Sauna | Bushwalk
3.45-4.45pm MOVEMENT (TBA)
6.30pm Dinner
Firepit, Reflect, Sleep

SATURDAY MAY 29TH

6.30am Morning Bushwalk
7.45am MOVEMENT (TBA)
9.00am Breakfast
10-12.30 MOVEMENT (TBA)
12.30- 2.00pm Lunch
2.30-4.00pm MOVEMENT (TBA)
4.00pm Free Time
6.30pm Dinner
Firepit, Reflect, Sleep

SUNDAY MAY 30TH

7.15am MOVEMENT (TBA)
8.30am Breakfast
9.45am Group Photos
10.00am Check out | Farewell friends

Final scheduled to be confirmed closer to event date