

S+J
integrated
wellness
A PILATES
BODY STUDIO

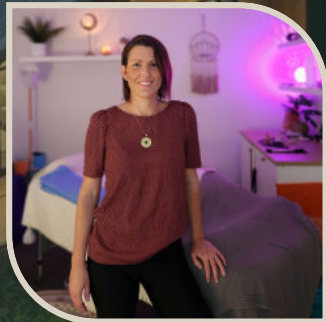
S + J INTEGRATED WELLNESS PRESENTS

Winter Reset Retreat

MAY 28TH - 31ST 2026

ECOVIEW RETREAT GOLD COAST

A journey to rest, realign, and remember who you are.



admin@sjintegratedwellness.com.au | (07) 3325 5821



Situated in the tranquil Gold Coast hinterland, this winter 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	\$2956AUD	\$2280AUD
DEPOSIT	\$739AUD	\$570AUD

- 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

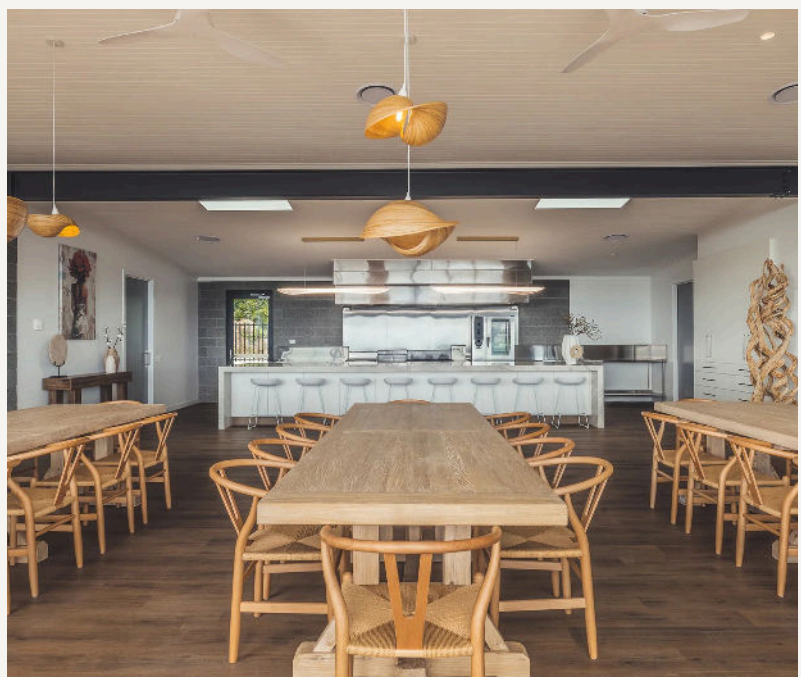


WHAT'S INCLUDED

- 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 Smith
- Special guest presenter Carly Allen will guide us over the course of Saturday- Fascia/Lymphatic/Nervous System connection & Guided Meditation
- 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



S + J INTEGRATED WELLNESS 2026 RETREAT

Tentative Schedule

THURS MAY 28TH	12-2.00pm	Arrivals
	2.00pm	Afternoon Tea/Check in
	4.00pm	RELEASE MATWORK CLASS
	6.30pm	Welcome Dinner

FRIDAY MAY 29TH	6.30am	Morning Bushwalk
	7.45am	BREATHWORK CLASS
	9.00am	Breakfast
	10-12.30	PILATES WORKSHOP
	12.30- 2.00pm	Lunch
	2.00pm	Free Time- Pool/Sauna/Bushwalk
	3.45-4.45pm	MOVEMENT CLASS TBA
	6.30pm	Dinner Firepit, Reflect, Sleep 🌕

SATURDAY MAY 30TH	6.30am	Morning Bushwalk
	7.45am	MOVEMENT CLASS TBA
	9.00am	Breakfast
	10-12.30	ENERGY & HEALING
	12.30- 2.00pm	Lunch
	2.30-4.00pm	MEDITATION CLASS
	4.00pm	Free Time
	6.30pm	Dinner Firepit, Reflect, Sleep 🌕

SUNDAY MAY 31ST	7.45am	MOVEMENT CLASS TBA
	9.00am	Breakfast
	9.45am	Group Photos
	10.00am	Check out / Farewell friends



• Tentative Schedule and will be finalised upon booking numbers

Guest Presenters



Carly Allen- Energy & Healing Guide

Carly is a Reiki Master, Kundalini Yoga & Meditation Teacher, and Holistic Therapist.

At our retreat, Carly will guide guests through a deeply nourishing journey, blending mind, body, and energy work. She will explore the Fascia, Lymphatic, and Nervous System connection, grounding techniques for the body's energetic lower triangle—including mantra, partner work, breathwork, and targeted Kundalini exercises

Carly's sessions are designed to help you feel grounded, move freely, and reconnect with your inner energy for deep transformation.



Darryn Bonhomme- Private Chef

Darryn is a professional, passionate, and dedicated chef who previously served as Executive Chef at the renowned Gwinganna Health & Lifestyle Retreat in Queensland. With a focus on healthy, organic, and seasonal cuisine, Darryn creates nourishing meals designed to support wellbeing, reduce inflammation, and promote balance. He believes in using natural, whole foods and familiar ingredients, guiding guests to discover wholesome alternatives that are gluten-free, dairy-free, and refined sugar-free.

We're so excited to have Darryn with us as our private chef for the duration of the retreat — bringing his heart, creativity, and expertise to every meal.

S + J Integrated Pilates Wellness Team



Jordanna Smith



Shayne Smith



Katrina Coomber

EcoView Resort Map



TERMS & CONDITIONS

REGISTRATION & PAYMENTS

You can book directly via our website: <https://sjintegratedwellness.com.au/retreats/>

If you have any questions about room types & sharing please email us — we're happy to tailor the experience to your individual needs: admin@sjintegratedwellness.com.au

Full payment can be made via our website.

Payment plans: are available. Please email us to arrange a payment plan, which includes a deposit and a timeline for remaining payments.

The full balance must be received no later than 1st April 2026.

CANCELLATION POLICY

We understand that life happens, and plans can change. To ensure fairness and help us manage logistics effectively, we have established the following cancellation policy:

Deposits: Non-refundable.

Remaining Balance: Due 1st April 2026

- Deposit (Non- Refundable)
- Within 60 days: 50% refund (less deposit)
- Within 30 days: No refunds.
- All refunds incur a 3% processing fee.
- No-shows or early departures: No refunds or credits will be given.

TRANSFER OF BOOKING

If you are unable to attend, you may transfer your booking to another person at no additional cost. Please notify us in writing. If there is a waitlist, we may be able to reassign your place. Alternatively, you are welcome to find someone to take your spot.

CANCELLATION BY ORGANISERS

In the unlikely event that we must cancel the retreat due to insufficient enrolment, natural disasters, or other unforeseen circumstances:

- You will receive a full refund of all payments made.
- We are not responsible for any other expenses incurred (e.g, flights, accommodation outside Retreat dates, travel insurance), so we strongly recommend purchasing comprehensive travel insurance.

TRAVEL INSURANCE

We highly recommend that all participants purchase travel insurance that includes coverage for trip cancellation, medical emergencies, and travel delays