



RECONNECT

CREATIVE DAY RETREATS FOR TEAMS

**Refresh, reconnect and reset
for the year ahead.**

Your team will explore the beautiful setting of Lake Leschenaultia, where we will walk, connect and create.

Your day includes:

- ❖ Morning Tea on Arrival
- ❖ Group Creative Project
- ❖ Mindful Nature Experience
- ❖ Connection Activities
- ❖ Lunch by The FLACKSEED

Crafted to suit your goals for your team, whether it's about building stronger connections and communication or making time to relax and unwind together - we've got you covered.

Fully catered by **THE FLACKSEED**.
**With awe-inspiring native
ingredients** from **First Nations-
owned and led businesses**.

CONNECTION | COMPASSION | CREATIVITY

www.soulshinecreatives.com.au



LAKE LESCHENAULTIA DAY RETREAT PACKAGES



The Signature Collaborative Art Retreat

From \$3,200

For teams ready to make their mark.

Step away from the office and into a space where your team can slow down, recharge, and reconnect. This retreat blends the power of mindfulness, nature, and creative expression to help teams gain a fresh perspective.

Take your team on a creative journey.

We begin with an in-office design workshop (approximately 1 hour), where your team collaborates to co-create a concept for a collaborative artwork. This facilitated workshop is fun and creative, and allows the team to connect with the artwork in a more meaningful way. Choose a theme for your artwork and let us guide your team's creativity to inspire a design that is uniquely yours!

From the moment you arrive, you'll be guided on a unique experience of creativity and connection.

Your retreat day begins with some time to settle in and explore the beautiful surrounds of Lake Leschenaultia with a 3km guided nature walk.

Your team's design becomes the centrepiece of your retreat day, brought to life by painting it on a canvas together in nature, like a paint-by-numbers! The finished piece is a lasting reminder of your team's shared values and vision.

Includes a nourishing morning tea and lunch catered by The FLACKSEED featuring native ingredients from First Nations-owned and led businesses.

The Benefits

- ✓ Strengthen relationships and team culture
- ✓ Inspire creativity and new ways of thinking
- ✓ Boost wellbeing, clarity, and focus
- ✓ Walk away with a beautiful artwork and practical tools for workplace mindfulness

For more information contact Claire on 0430 442 666



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LAKE LESCHENAULTIA DAY RETREAT PACKAGES



The Mindful Create & Connect Retreat

From \$2,000

A soulful team experience.

This is not your average team day. It's an opportunity to reconnect, recharge and create something meaningful together.

Surrounded by the tall trees and calm waters of Lake Leschenaultia, this retreat invites your team into a slower pace where playful creativity, mindfulness and nature provide the perfect conditions to support clarity, connection and wellbeing.

A unique alternative to typical team-building.

Whether you choose a half-day or full-day format, you'll experience a guided mindful art session using quality materials, designed to support focus, reduce stress, and invite creative self-expression. No experience needed. Each team member creates their own artwork in a shared, supportive environment.

Guided conversation prompts and opportunities for reflection are woven throughout and customised to your group's needs, helping your team connect with themselves and each other in meaningful, low-pressure ways.

Begin your retreat with an optional grounding yoga session. Delivered by highly experienced facilitators, our practices are designed to suit all levels and are a great way to ease into the experience and support nervous system regulation.

Nourishing morning tea and lunch are included from The FLACKSEED - featuring native ingredients from First Nations-owned and led businesses.

The Benefits

- ✓ Reduce stress and restore clarity
- ✓ Spark creative thinking and fresh perspectives
- ✓ Strengthen trust, empathy and connection
- ✓ Leave with a tangible artwork and renewed energy

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FLEXIBLE LOCATION DAY RETREAT PACKAGES



Soulful Yoga & Sound – Private Group Experience

From \$400

A deeply nourishing blend of mindful movement, meditation, and live sound relaxation.

Reconnect with your body, calm your mind, and awaken your senses in this private yoga experience designed for small groups. Perfect for friends, family, or colleagues seeking a moment of stillness and connection.

Your session includes:

- ✔ **Tailored Yoga Practice** – Whether you're seeking gentle movement, deep rest, or an uplifting flow, each session is customised to suit your group's needs and energy. Choose from Slow Flow, Yin, Vinyasa, Yoga Nidra, Meditation, or let us guide you through a harmonious blend of styles.
- ✔ **Live Native American Flute Sounds** – immerse yourself in the soothing tones of a handcrafted flute, creating a soundscape that calms the nervous system and opens the heart.
- ✔ **All Mats & Props Provided** – we bring everything you need for a luxurious practice, including mats, bolsters, blocks, and blankets.

More than a yoga class - it's a bespoke wellness experience to support you in feeling grounded, rejuvenated, and deeply connected.

- Delivered in the comfort of your chosen location
- Choose either a 60 or 75 minute session (plus setup and pack down)
- Available for up to 12 participants (larger groups on request)
- From \$400 per group (includes travel, props & sound healing)



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