

# Eternity for Love

WELLNESS PRACTICE – Visionary Intuitive Healing & Creative Artist

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## LOSING YOURSELF TO LOVE YOURSELF RETREAT

**DATES:** 13 – 15 MARCH 2026

**VENUE:** Wahroonga, Mansfield VIC

**COST:** \$545 (Includes accommodation, all meals, processes and art supplies).

“Wellness is a choice – A decision you make, to begin learning about your whole self” Inna Segal  
ATHW

I am so excited to be finalising this extended weekend of wellness for you all and hope that you are also feeling the excitement building as we get closer to our journey into “Losing yourself to love yourself!”

I just wanted to remind you that this is a retreat space for you to immerse yourself into getting to know you – this includes your physical body and the needs it has; diet & exercise. Your soul and its needs; passion, creativity and love. Your mental body and its needs; calm, quiet, affirmation of self. Your Spirit and its need to see you shine! This retreat offers you a safe space to explore these bodies and some processes to take home and play with if you feel they resonate with you and help you to connect with your beautiful self 😊

There are a few things I need to pass on to you about what you will need to organise to arrive here feeling ready to plunge in!

Mostly I just want to ask you to have an open mind, an open heart and sense of adventure – open the gate and lose yourself in a space of love!

Rebecca xxo

# OVERVIEW OF RETREAT

## DAY ONE

Arrive on site by 9.30am for a 10am start

### **WELCOME 10 -10.30am**

Join in the living space to meet and celebrate one another and your commitment to putting yourself first. We will participate in a round of beautiful breath work to bring us into the present moment and an introduction to grounding, connection and protection – preparing us to work with spirit.

### **TUNING INTO YOUR BODY PROCESS 11am -12.30pm**

Introducing the Awakening The Healer Within concept through sharing of my story and Inna's work. Beautiful guided tuning into your body process. Time to journal – what did you find during this session?

### **WORKING WITH SPECIFIC BODY PARTS 1.30 - 5pm**

Using Inna's Secret Language of Your Body book to guide and support an individual healing process for your unique findings. With one-on-one support there is the opportunity to really go deeper and strengthen your healing process. Group discussion and time to journal encouraged.

### **FREE TIME 5 – 6.30pm**

Feel free to explore the beautiful surroundings of Wahroonga and to set yourself up in your room. Have a cuppa and get to know your fellow participants if desired.

### **OPTIONAL “FALSE BELIEFS” DISCUSSION 7.30- 9pm**

This is an opportunity for us to come together to discuss what might be a false belief that you've been pouring your energy into and that you would like to remove. This will be done in depth during day two, but I find it needs more time to really find a false belief that you are ready to remove!

## DAY TWO

### **BREAKFAST 7 – 9am**

### **BODY BREATH & MOVEMENT 9 – 10.30am**

A beautiful way to gently awaken into the day – gentle breath work and a process to bring energy into the root chakra using music and motion.

## **FALSE BELIEF REMOVAL & INSTAL PART ONE 11 – 12.30pm**

Connect to a false belief that you've had running in your body over a period of time that no longer serves you that you would love to remove. We use guided questions and “art” to hone in on a specific false belief in preparation for the process after lunch where we remove it and install something more positive.

## **REMOVAL & INSTALL PROCESS PART TWO 1.30- 2.30pm**

Guided process for whole group. Time to journal.

## **CREATIVE PLAY 2.30 – 5pm**

Using today's experience to connect to your emotions & energy to create a piece of artwork to take home. Art can be any form you feel excited to explore.

- Paint
- Draw
- Write
- Free Expression
- Collage
- Colour In

## **FREE TIME 5 – 6.30pm**

Feel free to explore the beautiful surroundings of Wahroonga and find some peace/joy in the surrounds. Keep playing with your creativity

## **OPPORTUNITY FOR A CARD READING FROM BEC 7.30 – 9pm**

A bit of fun using intuition and spirit to guide you. Choose from three unique card decks – ask a heart-centred question and see what spirit answers!

## **DAY THREE**

### **BREAKFAST 7 – 9am (note be packed before coming to breakfast)**

### **BODY BREATH & MOVEMENT 9 – 10.30am**

A beautiful way to gently awaken into the day – gentle breath work and a process to bring energy into the whole body by a gentle sequence of stretching.

## **CONNECT TO NATURE & ITS HEALING POWER 10.30 - 12pm**

A stroll through nature, tuning into its sounds, smells and sites. Using a walking mantra to keep in the present moment. Coming together for a final process in nature to nourish the nervous system.

## **A LOVELY PICNIC TO FINISH THE RETREAT.**

Using the beautiful surrounds of Wahroonga, we will share a picnic lunch, stories and insights from the weekend – a lovely way to finish the retreat.

**“To really transform, you need to have a high willingness to learn, time, empowering information, a supportive environment and a high willingness to embrace change” Inna Segal ATHW**

### **FURTHER DETAILS**

#### **ACCOMMODATION**

Wahroonga is an Air BnB nestled on the edge of Mansfield, this spacious, light-filled country cottage and studio is a lovely place to gather, relax and rejuvenate. There are FIVE bed spaces:

1. 1x Queen bedroom
2. 1x King bedroom
3. 1x Queen bed and 1x Single bunk bed
4. 1x King bedroom
5. 3x Double beds (living room fold out from sofas)

All linen supplied. Please bring your own towels and toiletries.

#### **COMFORTABLE CLOTHING**

We will be doing a lot of sitting and standing, dancing and creating so please bring clothing that is comfortable for you. We will do a walk in the local natural area, but it's all just very simple walking which needs no specialist gear! Please ensure you have warm and cool clothing for this time of year as it can be very unpredictable!!

#### **EQUIPMENT**

Processes - Journal and pen/s to write with. If you would like to bring your own pencils, paints, crayons or other medium you can. I will supply paint, brushes, pencils, crayons, Textas and collage materials for the creative session.

- Drink bottle to keep hydrated

## FOOD

I will be providing all drinks, snacks, breakfast, lunches and dinners for the duration of the retreat. If you have any allergies, or aversions to any food or particular needs drinks & snacks wise please let me know. I aim to serve up nourishing, wholefoods for the duration of the weekend as this feels important to me to get across my message that this weekend is about you being nurtured and cared for. It is an alcohol-free retreat.

## PERSONAL REQUIREMENTS

Please ensure that you bring any of your own personal requirements such as medication, toiletries, favourite pillow, book.... you know what I'm saying!

Here at Eternity for Love I am all about tailoring a wellness plan that supports your individual needs – after all this is about YOUR health and wellbeing 😊

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