

# Mother & Daughter Retreat

A luxury, 21 acre estate in Montville, Sunshine Coast





# Montville, Sunshine Coast

## Intro



Over 21 years of supporting Australian families

We believe in that home is the hero.

We support kids aged 8 - 14 and those who care for them.

We work with the worlds leading wellbeing experts to create powerful and immersive learning experiences.

Science supported tools delivered in a creative, dynamic way.

We use story telling, music, colour, movement and settings that make our hearts skip a beat.

We bring families together.





**Reconnect. Unwind. Create forever moments together.**

**Are you struggling to find meaningful, quality, one on one time with your daughter?**

**No distractions from other family members. Just you and your daughter**

Turn off your phone, step into the country, and disconnect from the outside noise. The next two nights are all about you and your daughter reconnecting and making forever memories.

**Healthy, farm to table meals** - we take you back to simple times.

Fresh country air is perfect for letting go of tension. It's been a rough ride for a lot of families.

**Come alive again** with daily yoga, sound healing, reading a book in a hammock, journaling under the stars, taking a sauna, swim or spa bath or simply enjoying the stillness of the property.

Our experiences are designed with help from global well-being experts.

**Leave feeling full, rested, and connected.**

**beautiful  
minds™**

# Journey

## Property details

Discover tranquility at our Sunshine Coast hinterland's luxury estate.

Nestled amidst nature's embrace, this space is perfect to rest, relax and connect with your daughter.

Unwind, connect, and immerse in an ambiance that nurtures both body and soul, fostering growth and harmony with our resort pool, sauna, spa, ice baths, 200m2 yoga studio, pool table, outdoor firepit, indoor fire place, piano and entertainers kitchen and bar.

### Guest access

Driving up to the property there is a private 400-metre sealed driveway which incorporates a beautiful feature stone retaining-wall and is tree-lined on both sides separating two paddocks of pasture. Completely secluded with the house sitting high on the block and away from the road, it is perfectly positioned to capture 270 degree views of the incredible vistas with distant ocean views to the east.



3.00pm check in



10.00am check out



Montville, Sunshine Coast











# What is included

- Certified Beautiful Minds coaches and hosted by our CEO Marina Passalaris
- Two nights accomodation at a luxury estate
- Only 8 families
- An in house chef
- Pool, sauna, ice baths
- Beautiful Minds sessions on harmony in the home, mother and daughter reconnection sessions, creative drawing, floral art, bath salt and essence workshops and more...
- Daily yoga
- Sound healing and meditation
- Exclusive use of the luxury 21 acre property
- Stargazing, bon fire and smores





## What is included

- Coffee for the conscious available for the mums
- 'Who am I?' session for mums
- Friendship session for the girls
- A lilac Beautiful Minds gift box and 18k gold heart necklace for each guest
- A journal
- Free time to read a book whilst listening to the birds
- Exclusive access to our BM+ parenting portal for life where we share valuable weekly content from our global experts, Masterclasses, recipes, access to merch and events before the public







The experience







Life is short. Create  
forever memories.

"A mother is your first friend,  
your best friend, your forever  
friend."

beautiful  
minds™



## Accommodation options

A large, luxury suite, overlooking the gardens, pool and distant ocean views, with an ensuite bathroom. Only two ensuite rooms are available.



\$2,500 per person (all inclusive)



## Accomodation options

A magnificent room with quality linen and artwork. The home has 7 bathrooms for guests. Only six rooms are available.



\$2,200 per person (all inclusive)



## Payment options

There are two ways to book into a Beautiful Minds retreat:

**Option 1:** Pay in full

**Option 2:** Set up a payment plan and we can allow for a 3 month period to pay off the retreat. This is an additional \$300 to set up. When we set you up with a payment plan, payments must be made on time. A 10% late payment fee is added for every week your payments are not made.

### How our payment plans work:

Payment plans are between 2 - 3 months in length depending on how far out you book your retreat. Retreats must be paid for in full 6 weeks before the retreat date. This is so our team can pay the venue, catering and travel costs before the retreat.

How we set up a payment plan:

We do this via Stripe so that all payment plans are set up and automated

Month 1: \$500 room deposit to secure your spot plus a \$300 finance fee to set up your payments. We are basing the example below off the glamping accomodation.

Month 2: part balance

Month 3: final balance

Payments can be made by calling our team on 1800 264 637 and doing a credit card sale over the phone or by doing a direct debit into our account:

Beautiful Minds Australia Pty Ltd

BSB: 082 356

ACCOUNT: 35 692 7448

Please email [care@beautifulminds.com.au](mailto:care@beautifulminds.com.au) a copy of your bank transfer remittance screenshot so we can allocate it against your booking and name.



## FAQ's

### **I have two daughters. Can they both attend the retreat with me?**

Absolutely! We often host mums and their girls and we love this because it means all 3 of you get to benefit from our tools, support and the experience. The only time we do not suggest bringing both daughters is if there is one child that really needs a more one on one experience with her mum. We offer a \$500 family discount if a mum attends with two daughters.

### **My daughter is a few months younger (or older than your age range of 8 - 14). Can she still attend?**

Yes she can. As her mum, you know if she would benefit from the connection, confidence, self worth, wellbeing tools, friendship and body image sessions plus all the other activities at the retreat. Our retreats are creative, colourful and dynamic.

### **What food is served at your retreats?**

We know a healthy diet is essential for good health, sleep and mental clarity. Our retreat meals are kid friendly but very healthy with lots of veggies, salads and fruit. We can accommodate any food allergies you have. We have a local chef preparing all meals. The food is of an outstanding quality.

### **Who is this retreat for?**

This retreat is for mums who want the best for their daughter. We support quality families that understand the importance of having access to our tools and know that one on one time with their daughter is vital for strengthening trust and connection.



# Guest feedback



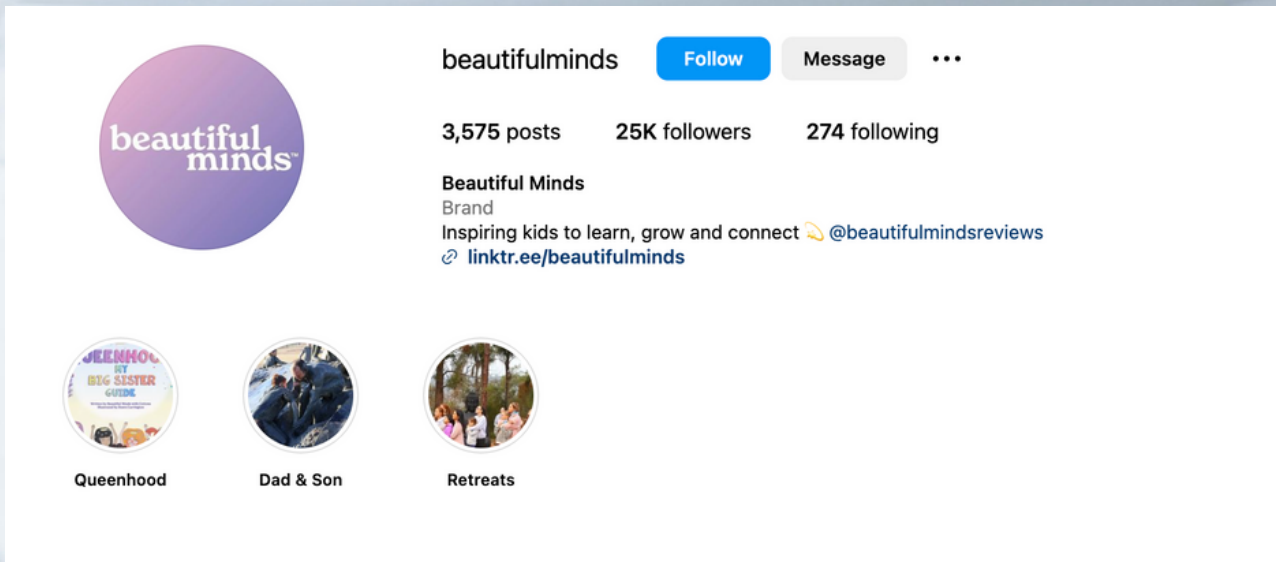
1



*"I cannot recommend this retreat anymore!"*



# Guest feedback



Our instagram page @beautifulminds is FULL of videos and testimonials from past retreat guests. These can all be found on the saved stories, the circles above





When you attend one of our retreats you are essentially in our home.

You are our guest. It is important that all guests are suited to our program so that we have beautiful, like minded people attending each experience.

It is for this reason we speak to all potential retreat guests prior to booking in so we ensure our program is right for you and your daughter and your family is the right fit for us and our program.

Let's chat



[www.beautifulminds.com.au](http://www.beautifulminds.com.au)



1800 264 637



[care@beautifulminds.com.au](mailto:care@beautifulminds.com.au)

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# Travel Checklist

## Documents

- Waiver completed
- Boarding pass (if travelling to us)
- Driver's license
- Travel insurance
- Health insurance
- .....
- .....
- .....
- .....

## Toiletries

- Toothbrush + paste
- Deodorant
- Shampoo + conditioner
- Shaving supplies
- .....
- .....
- .....
- .....
- .....
- .....

## Others

- Casual clothing
- Camera + Charger
- A jumper
- White outfit for last dinner
- Swimming togs
- Yoga or exercise gear
- A good book
- Closed, walking shoes
- Underwear

## Health and beauty

- A hat
- Sunscreen
- Sleeping mask
- Medications
- .....
- .....
- .....
- .....
- .....
- .....