

15th - 17th
November
2024

WOMENS CREATIVE RESET RETREAT

SPRING 2024

ART KIND EXPERIENCES

Retreat inclusions..

- Exclusive **gift box** on arrival
- Creative **art** sessions
- Extended **masterclass** + lunch with a guest artist
- Full body **massage** treatment
- Guided **walks** + **stretch**
- Write and **release** sessions
- Full catering with seasonal **nourishing food**
- Accommodation in our **farmhouse** guest rooms

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book your place
artkind.com.au



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WELCOME TO SPRING

We're leaning into the Spring season with outdoor creative play, fresh nourishing food, rest, gentle movement and time with nature.

Opt in and out as you please across all activities.

Feel free to take moments away for yourself. This is time for YOU.

Allow yourself to rest, connect and move as much or as little as you like.

ART KIND EXPERIENCES



DATES + LOCATION

- Check in: 2pm on Friday 15th November 2024
- Check out: 2pm on Sunday 17th November 2024
- Located at **Tyalgum NSW**, address provided with booking confirmation
- 55 minute drive south from Gold Coast Airport
- 1.25 hours drive north from Ballina Byron Gateway Airport



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GUEST ROOMS

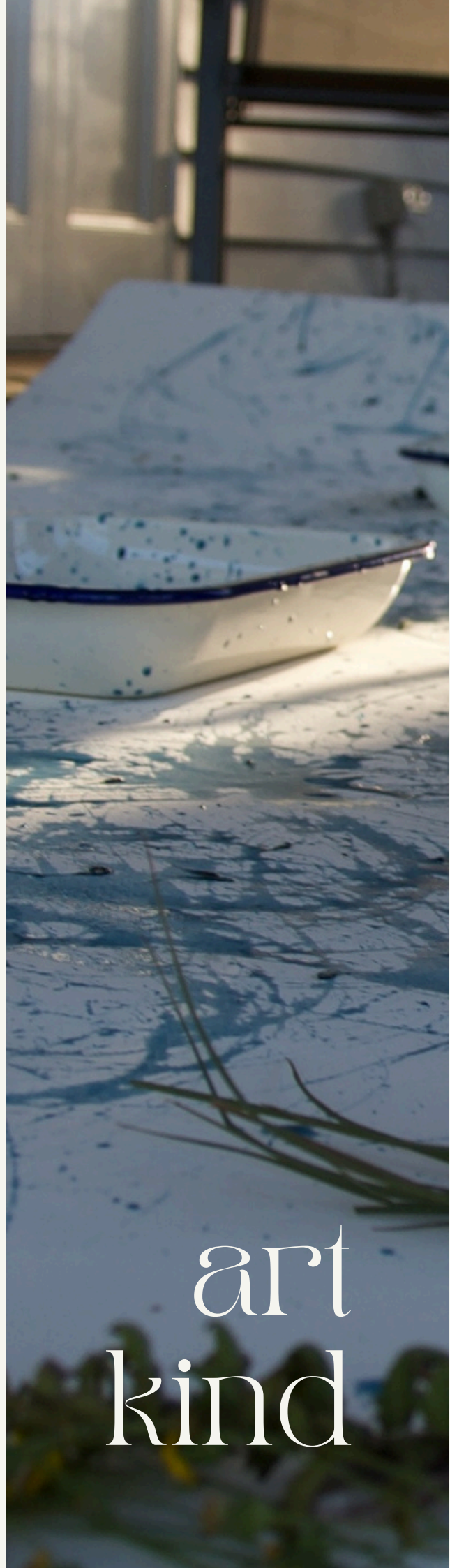
- Accommodation onsite in a single/double/twin-share farmhouse guest room, gourmet catering, art sessions, massage and movement sessions included in retreat package pricing
- Beautifully appointed farmhouse guest rooms at our Tyalgum NSW retreat location - a tranquil haven set on over 200 picturesque acres, surrounded by national parks, crystal lined rivers, creeks and swimming holes with stunning views to Mount Warning and the Pinnacle.
- Please note bathroom facilities are shared.
- **Twin Share** (single booking for a King Single Bed in a twin share guest room) **\$2400 per person**
- **Twin Share** (single booking for a Double Bed in a twin share guest room) **\$2600 per person**
- **Single Room** (single booking for a King Bed in a private guest room) **\$3600 per room**
- **Double Room** (booking for two guests for 1 King Bed or 2 King Single beds in a private guest room) **\$4800 per room**
- **Double Room** (booking for two guests with a Double Bed each in your private guest room) **\$5200 per room**
- **Daytime Participant** (ie: all inclusions other than accommodation - daytime participants are **welcomed onsite 6am-8pm daily**) **\$1900 per person**



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ART PROGRAM

- Daily creative art programs including an extended **masterclass** with one of Art Kind's artists and various creative art play sessions featuring a rotating mix of activities that may include painting, drawing, ceramics, charcoals and more
- **Art + Nature** session: where we incorporate elements of nature into our creative play practices
- **Communal art** play: we work together on a special communal practice
- One on one creative practice consultations with artist and Art Kind founder Bec Duff can be requested and pre-booked (additional charges apply please enquire)



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MOVE + RELEASE

- 1 x **full body 60 minute massage** with our onsite wellness specialist and massage therapist, Hannah Heaney
- Daily **gentle guided walks** at sunrise
- Daily **gentle stretch sessions** at sunset
- **Write and release** session
- Additional massage treatments or one on one personal training consultations can be requested and pre-booked (additional charges apply please enquire)



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MEALS + SNACKS

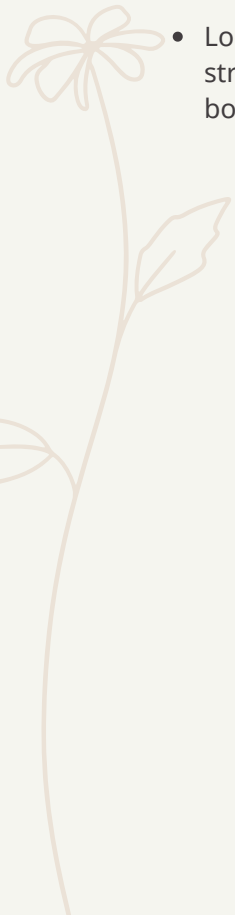
- All **meals provided**
- Seasonal **nourishing menu**, made with **local** and **organic** produce
- **Welcome** afternoon tea
- Daily **breakfast** x 2
- Daily **lunch** x 2
- Daily **dinner** x 2
- Morning / afternoon tea
- **Bottomless** snacks
- Tea/coffee/chai/water
- Dietary requirements can be catered to with **prior advisement** of any allergies/intolerances/preferences



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REST + EXPLORE

- Guests have full access to our Tyalgum retreat grounds to maximise rest and to wander and explore
- Indoor fireplace
- Outdoor fire pit
- Outdoor heated spa
- River
- Creeks
- Located 5 minutes drive from charming Tyalgum main street with its famous Flutterbies cafe and adjoining boutiques



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RETREAT BENEFITS

01. ART + NATURE + GOOD FOOD = YES

Creative play feeds your soul and time with nature promotes healing. Our aim with the creative reset retreat is to introduce a range of creative art play and release practices, taking inspiration from our beautiful landscape. We provide a menu of nourishing seasonal food and opportunities for movement and rest. Creative play and time in nature allow us to broaden our perspectives, open up our minds to new ideas and connect with ourselves.

02. WE KEEP IT SIMPLE

We're paring it right back to the good basics. Comfortable beds, seasonal nourishing homestyle food and fresh air. We're all about the best of country living and taking out the noise and busyness of daily life. Our accommodation partners are experts at finding private slices of paradise where we can connect with the land, rest and reset.

03. WE KEEP IT SMALL

Our farmhouse guest rooms accommodate just 6 retreat guests and in addition we allow up to 2 daytime participants only (please note daytime participants are welcomed onsite for all activities and inclusions between 6am-8pm but will have arranged their own private accommodation offsite). Keeping our attendee numbers to a small group allows maximum comfort, space and time for all.





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RETREAT TEAM



BEC DUFF

ARTIST +
FOUNDER

Bec Duff is an artist and the founder of **Art Kind**. Her passion is intuitive art and fostering creativity within the community. Bec is a big believer in artists supporting artists and is always looking at new ways to provide inspiring and engaging creative experiences. Bec is the director of Art Kind Studio Gallery in Byron Bay, NSW, showcasing a diverse selection of art and facilitating year round art programs.



HANNAH HEANEY

MOVEMENT +
MASSAGE

Hannah Heaney from **Fitnessage Body Therapies** is a highly trained massage therapist, certified personal trainer and pre/post natal exercise specialist. Hannah has extensive knowledge of the wellness and fitness industries and has been the resident personal trainer and massage therapist at some of Australia's most exclusive luxury wellness resorts and retreats.



BEV APPEL

CATERING +
HEAD OF HOUSE

Bev Appel or 'Mama Bev' as she is known to many, spent her childhood on a family farm where her love for good produce, seasonal cooking and feeding the masses began. She later operated a boutique catering business and owned and operated a restaurant in Melbourne. A mum of four and a nana of six, Bev brings a lifetime of warmth and love to all she does and this filters through to her delicious cooking.

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NEXT STEPS

01. CHECK THE BOOKING PAGE FOR UP TO DATE RETREAT AVAILABILITY

<https://www.artkind.com.au/collections/experiences>

02. SELECT PREFERRED PACKAGE

Choose your guest room - would you prefer to book a single room, twin share with another participant, bring a friend and book a double room or stay offsite?

03. ADD TO CART, SECURE YOUR PLACE + PACK YOUR BAGS!

Once you receive a booking confirmation email, you're ready to go! We will follow up with a guest questionnaire as we get closer to the retreat dates to ensure we have all your preferences and details to best support you for an incredible retreat experience.



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PLEASE CONTACT US
WITH ANY ENQUIRIES

Bec Duff - Art Kind Founder and Artist
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TYALGUM | BINNA BURRA | BYRON BAY

+61404946553

www.artkind.com.au

artkindexperiences@gmail.com

[@artkindexperiences](https://www.instagram.com/artkindexperiences)