

27 JULY - 03 AUGUST 2024 • KAREN INNES-WALKER

'HEALTHY CHOICES' LIFESTYLE RETREAT

IN 'PACIFIC PARADISE' NORFOLK ISLAND

→ BRISBANE • 7 NIGHT STAY
from **\$3,459*** pp TWIN SHARE
Travel: 27 Jul - 3 Aug 2024

Holiday Package Inclusions:

- ✓ Return economy class airfare to Norfolk Island – incl. airline taxes
- ✓ Return airport transfers on-Island
- ✓ 7 nights accommodation
- ✓ 7 days car hire
- ★ Welcome 2 course dinner at Governor's Lodge
- ★ Half Day Island Tour and visit to the Sunday Markets
- ★ 5x guided morning walks
- ★ 5x healthy cooking sessions
- ★ 5x cooked lunches & dinners
- ★ Healthy Lifestyle recipe booklet
- ★ Health Tracker for self-monitoring
- ★ Farewell 2 course Dinner at Homestead Restaurant
- ★ Follow up to retreat support
- ★ Discount 'Bonus Card' & Tote

OPTIONAL EXTRA APPOINTMENTS:

Yoga / Massage / Stretch Classes
Pilates / Gym Sessions / Beauty Treatments / Psychology Sessions



Join Accredited Practising Dietitian, Karen Innes-Walker

A week of personalised development, fresh and locally sourced food, exciting wellbeing activities, pampering options and lots of laughs with new found friends!

*Travel restrictions & conditions apply. Prices & taxes are correct as of 9 Dec 24 & are subject to change without notice. Prices quoted are on sale otherwise stated or sold out prior. Prices advertised are per person. The advertised price includes any saving amounts &/or bonus nights. Offers are subject to availability. Seasonal surcharges & blackout dates may apply depending on the date of travel. Additional fees may apply, including surcharges & visa fees specific to your departure date or flight routing. Payments made by credit card will incur a surcharge, advertised prices do not include a credit card surcharge. Copyright © 2023 Wave Hospitality Group PTY LTD trading as Norfolk Island Travel Centre, ABN 61 087 521 355, IATA no. 02359486, all rights reserved. Refer to norfolkislandtravelcentre.com for more information



HEALTH/WELLBEING ON NORFOLK ISLAND

A stunningly beautiful setting for retreat attendants to focus on health, individual goals and guidance on how to continue lifestyle development after returning home.

This week long retreat will provide a positive, supportive environment. Take the opportunity to learn from experienced health practitioners, with approaches based on sound research findings, translated into practical, affordable and personalised recommendations.

Intentionally small numbers will allow for all to receive tailored advice. Each person will be contacted prior to establish individual needs and allow for a 'straight to action' approach once the retreat commences. Post retreat support is also included with help in maintaining a plan for sustained health and lifestyle changes in your everyday.

RETREAT LEADER: KAREN INNES-WALKER

Karen is an Accredited Practising Dietitian (APD), with over 30 years professional experience working in Queensland and now on Norfolk Island. She was the Director of Nutrition and Dietetics for six years at The Mater Hospitals in Brisbane, and has extensive experience in all areas of nutrition and therapeutic dietetics.

Karen and her family moved to Norfolk Island in 2018, where she has strong family links as a direct descendant of John Adams – one of the *Bounty* mutineers. Karen is passionate about helping people improve their health and wellbeing and believes there is no better place than Norfolk Island to focus on personal lifestyle goals.

Early Bird Deposit \$350 per person due 29 February 2024

Friends or family wanting to experience the wonders of the South Pacific on a Norfolk Island Holiday can request one of our 'Non-Participant Packages'.

**Call or email to register interest and receive an Info-pack:
1800 1400 66 | groups@nittravelcentre.com**

A TRANQUIL PARADISE: NORFOLK ISLAND

Only a short, 2 hour flight from Brisbane or Sydney, our little subtropical island is packed full of fun things to see and do!

The beauty on display at every turn astounds arriving visitors – providing countless photographic opportunities. Tours and activities include: 4WD adventures, Glass-Bottom-Boat trips, progressive dinners to Islander homes, museums, heritage and ecology tours, sunset fish fry nights, bowls, golf, art trails and cottage industries.

A gem of the South Pacific, guaranteed to satisfy, relax and inspire.

BRING YOUR GROUP

