



Women in a Fijian Paradise

The Essential Women's Journey!

Have you ever had an experience that changed your life and enabled you to reconnect to what's really important?

What do you plan to do with your one amazing and precious life?

Reawaken yourself

The Essential Women's Journey is the ultimate adventure to refresh your spirit, rekindle your passions and reconnect you with your true self. This is a week of paradise that combines physical and spirit-filled activities with challenging adventures that enliven, renew and encourage self-discovery and self-expression.

Yasawa Island Resort and Spa is one of the best 5 star resorts in Fiji. Comprising of traditional style ocean front bures with sensational tropical ocean views, it offers a range of activities designed to renew your senses, revitalise your body and soothe your soul. See www.yasawaiislandresort.com

Take time for yourself

At Yasawa we believe life should be lived to the fullest, not rushed through or endured. Often we want to make changes in our lives but are unsure how we can do this. We get caught in the frantic pace of life and don't know how to begin. Why not join us for one week of your life to rediscover the essence of you!



How long has it been since you did something new that made you laugh or stretched you?



Do you want to have a positive impact on the lives of others?

Do you want to challenge yourself and make a change in your life?



When did you last take some 'me' time, without feeling guilty?

Do you need to reignite your mind, body and soul?





Why join us?

This is a journey with a difference!

By joining us you will be making a difference to the lives of children living in the remote Boukama Village on the island. Your involvement will help us fund much needed educational books and resources for the village school and provide a two year education scholarship fund for two children from a remote village.

There are only 13 places available on this journey. This is a very personalised journey, where you not only get to rediscover the real you, but also meet other like-minded women, all while experiencing the beauty of Fiji and its people.

We promise it will be a journey you will always remember!

About us

Inta Sellick from Integrated Learning and Development (www.integratedld.com.au) and Angela Giacomis from Careerlink (www.careerlink.com.au) will be your hosts and guides on this unforgettable journey. Experienced travellers, we will be with you from the beginning in Nadi and take you on a journey of fun, adventure and discovery.

We are both South Australian based and together have over 20 years experience coordinating and facilitating leadership and personal development programs throughout Australia.

Our commitment is to provide leadership and personal development experiences within an inspired environment which facilitate self discovery and self expression.

We are both passionate about providing support and resources for education deprived children within remote communities.

Where?

Yasawa Island Resort is a beautiful resort on Yasawa Island, Fiji. The resort manager, Pate together with their 'family' of staff will welcome you and look after you. The accommodation is traditional Fijian bures set amongst fragrant tropical gardens overlooking the ocean. All meals are healthy and delicious.



"Words cannot express how truly grateful I am that I had the opportunity to come on this trip, meet you and share in your vision and your dream. Thank you."

I came on this Retreat with no expectations and no idea what it was really about, but now I leave with 13 mothers, sisters and friends, and a family of Fijians and an open heart and soul full of inspiration, vision, inner strength, courage and joy. I am leaving Fiji with so, SO much and I thank you for your guidance and your loving care..

This entire journey has been the highlight of my life, equipping me with more than I could have hoped for.

This Fijian week will live on in me forever and guide me through all things to come. Thank you Inta and Angela, from the bottom of my heart."

- Mellanie Shaylor - participant 2008



*"Amazing place..... Amazing people..... Amazing memories"
- Paige Hayward - participant 2008*

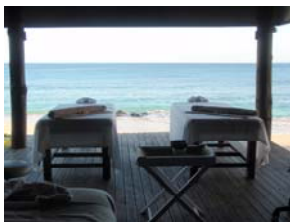


Whats included?

Novotel Hotel Nadi overnight accommodation & transfers for two nights (meals not included)
 Domestic airfares from Nadi to Yasawa and return.

5 nights accommodation, all meals & non-alcoholic drinks at the Yasawa Island Resort & Spa

Activities included:



- Village culture walk
- Coral reef snorkelling safari
- Introductory diving course
- Blue Lagoon snorkeling trip
- Visit to local school
- 1/2 hour massage
- Personal coaching session
- Journal writing
- Mindful meditation on the beach
- Fijian Night with lovo preparation, song and dance
- Sulu tying
- Fijian cooking & coconut preparation demonstrations
- Kayaking
- Fishing
- Windsurfing and catamarans
- Picnics on remote beaches

Always on offer:

- Breathtaking sunsets
- Rich conversations
- Fun and laughter
- Time to yourself
- Hammock moments
- Dolphins and whale sights
- Amazing star gazing
- Breathtaking sights of tropical Fiji
- Genuine Fijian hospitality
- Add a large selection of resort activities
- Delicious healthy food including lobster

Optional extras:

- Scuba diving for the experienced
- Island trip; snorkelling and picnic
- Personal Coaching Program
- Garden of the Sleeping Giant, Nadi
- Shopping in Nadi town or Denarau



"To anyone who may be 'thinking' about attending 'The Essential Womens Journey' ... STOP THINKING and just do it!!!! What are you waiting for - seriously ..I have thanked myself every day since returning! I met some truly wonderful women who will remain friends for a lifetime and the people of Yasawa are simply beautiful ... not to mention the food - oh the food, there's only so much lobster one can manage really. I had my first official coaching session recently with a wonderful lady called Inta whom I had the pleasure of getting to know in glorious Yasawa - Fiji. I don't know what she did or how she did it but I finally understood what it was that I was missing and what was preventing me from moving forward. Without Inta's coaching I would probably be walking the same path not sure where the end was. I left Fiji 'A new Woman' .. and I left Inta feeling refreshed and renewed with a wonderful sense of purpose. I have made some minor changes to my life which has had a significant impact on myself, my colleagues and my family and I feel so much better for it. Would I do it again - in a heartbeat!! "

Tober Solito—participant 2008



When?

The journey starts when we meet in Nadi on Friday 4th September 2009. We stay at the Nadi Novotel overnight.

On the morning of Saturday 5th September we will fly from Nadi to Yasawa (approximately 1 hour) to begin our 5 night stay at Yasawa Island Resort and Spa.

We depart Yasawa on Thursday 10th September to spend the afternoon in Nadi. The afternoon is yours to spend as you wish, relaxing and/or shopping. The final night of our journey will be spent at the Novotel Hotel.

Cost?

Twin share	AU\$3,450 per person
Triple share	AU\$2,950 per person

How to Book

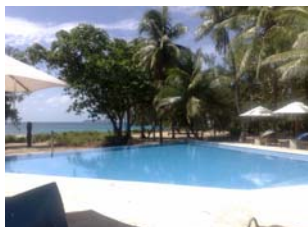
To book a place, complete the booking form and fax it to 08 8234 5789 or post to Careerlink (PO Box 301, Torrensville Plaza SA 5031).

Your place is booked and will be confirmed upon receipt of a non-refundable deposit of \$1,000 per person.

If there is no space available on the trip, you will automatically be placed on a waiting list, be notified of your status and no deposit shall be taken.

The balance is due upon invoicing, and must be paid in full by 14 July 2009. If payment is not received by this time your place cannot be guaranteed.

For more information on this journey of a lifetime, contact Angela Giacomis on 0418 807 430 / angela@careerlink.com.au or contact Inta Sellick on 0413 805 604 / inta@integratedld.com.au.



Everyone can imagine how wonderful a relaxing holiday would be massages on the beach, secluded tropical settings, mouth-watering gourmet food, five star accommodation and meeting a few new friends along the way. This would of course be the case if you had planned a tropical getaway but the Yasawa Womens Retreat is so much more!

If someone asked you when the last time you truly indulged and pampered yourself or had the opportunity to connect with your spiritual side, most of us would answer it's been too long to recall.

There is something extremely powerful about a group of women unknown to each other from all age groups, backgrounds and life experiences gathering together and allowing themselves to immerse in a week of pure bliss and luxury. To be guided by two amazingly inspiring women, Angela & Inta, through one on one coaching sessions, meditation & group workshops was the ultimate in relaxation for me. Our visits to the local villages, meeting the children we have assisted at their local school and enjoying church while listening to the voice of their gospel choirs (for someone who doesn't consider themselves religious) were all magical experience and memories I will never forget. The friendships made will last forever, my soul is now enriched and the promises I made to others and myself will be held and pursued wholeheartedly.

Oprah Winfrey once said " if you don't know what your passion is, realise that one reason for your existence on earth is to find it" and the Yasawa Womens Retreat will indeed help you to do just that !

Sarah Soteriou - participant 2008