

# Honouring the woman inside the mother

NURTURE & NOURISH:  
A RETREAT FOR MOTHERS WITH

*Marcia Leone*

&

*Kellie Moses*

19TH -21ST APRIL 2024  
THE MOORINGS LAKEHOUSE

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*Yes you are a mum,  
but you are still you!*

# Nurture & Nourish - A Retreat for Mothers

You are invited to spend two delicious, soul-filling nights connecting to self, nature and other women at the stunning Moorings Lakehouse, 3.5 hrs north of Sydney.

Hosted by Marcia and Kellie, this is an invitation to come away with us and fill your cup. To honour and awaken the woman inside the mother. A deep energetic, emotional, physical and spiritual reset - or merely a circuit breaker in the beautiful, but often relentless role of modern motherhood.

This is not your usual retreat- it's going to be transformative, but it's also going to be fun! Think wellness retreat meets girl's getaway, where you can do as much or as little as you like. You'll have full access to the outdoor sauna, swimming jetty, paddleboards, daily yoga and you'll also enjoy sunset drinks and delicious dinner parties- all framed around soul healing sessions to nourish the mother and nurture the woman within.

Kellie will bring the woo woo and Marcia will bring the reality of merging it all with the demands of modern motherhood.. we want you to take what you need to return to your family refreshed with your cups filled.

***Are you ready to connect to the woman within?***

# ~ Itinerary ~

## *Friday April 19*

2pm - Arrive & settle in.  
Explore the property. Open  
your goodie bag

3-3.30 - Welcome / opening  
ritual / filling of cups

3.30-6.30 - Free time, book a  
15 minute private session with  
Kellie (inclusive), a body work  
session with Anookie or swim,  
sauna, outdoor bath or rest

6.30 - Dinner. Enjoy a  
delicious selection of canapes,  
followed by restaurant quality  
three course meal

8pm - Fire pit & tea before  
bed

## *Saturday April 20*

7.30-8.30am - Feminine Flow  
Yoga

8.30 - Optional sauna / lake  
swim

9.15 - Breakfast

10.30-11.30 - Session 1.  
Nurturing the Mother

12.30-1pm - Lunch

1-3:30 - Free time, book a 15  
minute private session with  
Kellie (inclusive), a body work  
session with Anookie or swim,  
sauna, outdoor bath or rest

3.30-4.30 - Session 2.  
Nurturing the Woman

Q & A with Marcia and Kellie

5.30 - Canapes and sunset  
drinks

6.30 - Dinner Party

8 - Release ritual around the fire

## *Sunday April 21*

7.30 -8.30am - Feminine  
Flow Yoga

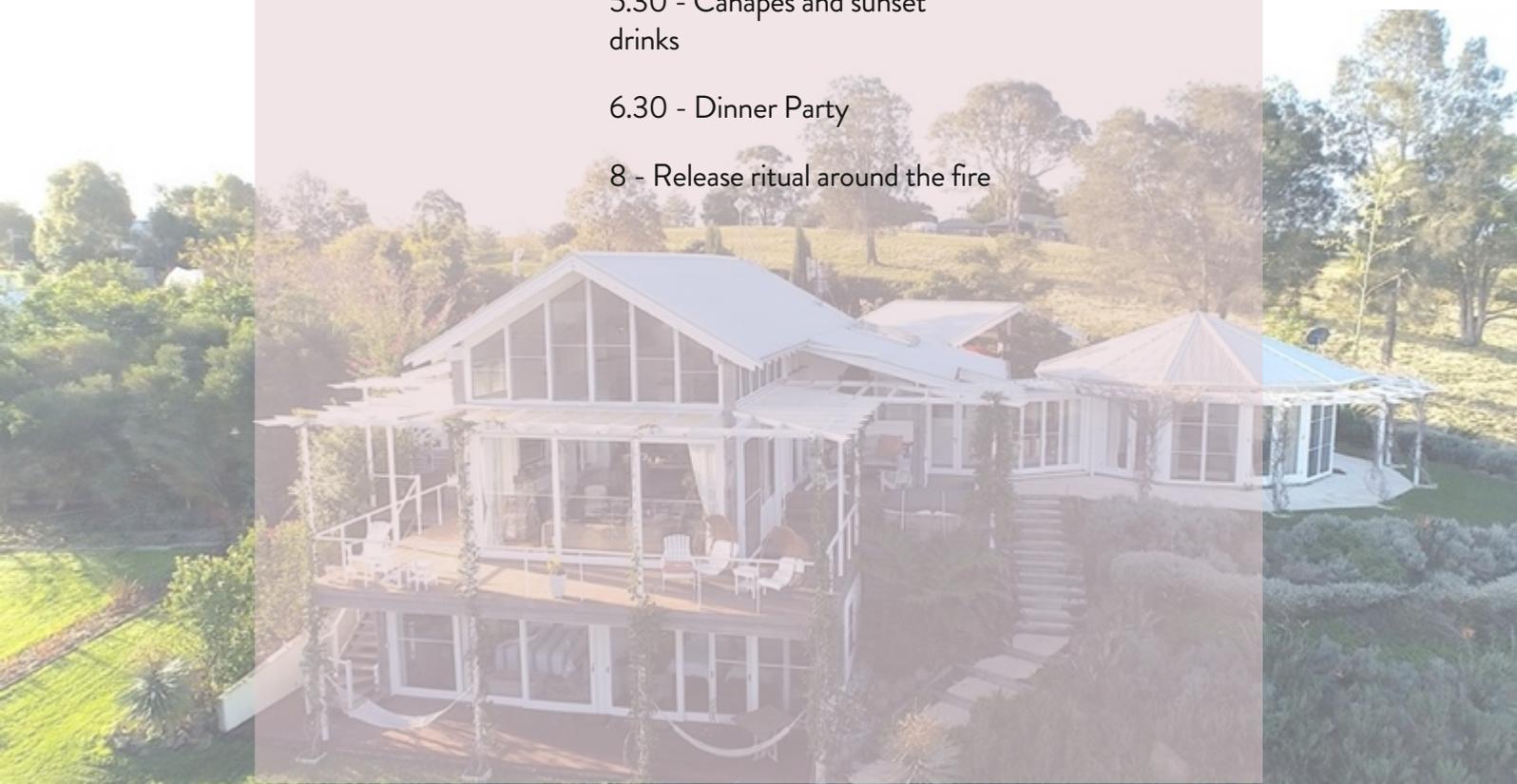
8.30 - Sauna / lake swim

9.15 - Breakfast

10.30-11.30 - Merging the  
woman and the mother.  
Closing circle.

12 - Light lunch

12-2 - Leave the  
accomodation



# The Moorings Lakehouse

An extraordinary 5-star organic farm retreat nestled on its own serene peninsula with a 200m lake frontage, just 3.5 hours North of Sydney. Accommodation includes a Lakefront Suite, 2 bedroom Lakefront Villa and a 3 bedroom Lakeview Barn, an additional x 4 luxury lakefront tents are available.

Indulge in our luxurious lakefront barrel sauna, sundeck and private swimming jetty. Exercise in our outdoor covered yoga shala / gymnasium. Harvest your salad from our organic vegetable garden & orchards or just take in the views across the Wallis Lake with a glass of wine as the sun sets over the Wallingat National park ridge line. Make 'The Moorings Lakehouse' your very own garden of Eden, a wilderness sanctuary of wellbeing & relaxation.





## About Marcia

Marcia Leone is a Mother, Author, Creative Entrepreneur and the woman behind the NOT SO MUMSY global online community.

What started as a passion project to connect women in early motherhood turned into a globally renowned, award winning, online fashion and lifestyle brand.

Marcia has dedicated the last 10 years to sharing her journey with honesty and humour, providing a warm and inclusive support network for like minded-women who love and embrace motherhood, yet also want to retain or rediscover a sense of self.

As her children grow older, Marcia has been on a transformative journey of rediscovering the woman within. She is passionate about helping women find their passion and purpose, alongside their role as mother and will share her wisdom on surrendering to the seasons and navigating the flow between business, love, life and motherhood.

Marcia is excited to bring her online community offline to connect with mothers in various stages of their journey- to share the wisdom, knowledge, nurturing and healing she experienced with Kellie and to offer a safe, beautiful space or “village” for women to connect, celebrate their motherhood, while honouring the woman within.



## About Kellie

Kellie Moses is a Mother, prominent energy healer, feminine embodiment coach, Spiral & Reiki practitioner, who supports women to reconnect to their true selves while rediscovering a new sense of peace, alignment and self-love.

With two Master's Degrees in education and spirituality, Kellie is a former school teacher, who prior to launching her own business, *Soul Healing with Kellie*, facilitated and implemented retreats for principals, leaders and other executive members for 116 Sydney Catholic Schools.

Kellie supports women and mothers specifically to move from burn out and depletion, to clear limiting beliefs and to gently embody and step into their femininity, embodying trust, surrender, openness, love and flow.

Kellie is excited to bring her wealth of workshop experience on conscious motherhood, mothers in business & feminine embodiment to what will be a magical and transformational weekend.



# Yoga with Naomi

With more than 20 years experience Naomi teaches Iyengar, Ashtanga, Vinyasa, Yin, Restorative, Hatha, & Anusara Yoga. Naomi enjoys teaching a variety of classes with an emphasis on an optimal alignment for each individual and a heartfelt purpose for each class.

# Bodywork with Anookie

Anookie is a fully qualified physiotherapist who will be offering private 60 min remedial & relaxation massages during your retreat, she has furthered her work with extensive study in energy healing through Reiki she will also be offering 60min Massage: \$125, 45min Reiki session: \$85.



# Catering

## *Chef Nils Stromland*

The dinner parties and the meals will be a highlight of our retreat experience. Chef Nils Stromland is one of the most sought after chefs on the mid north coast, Nils will be catering breakfast, lunch and a delicious 3 course dinner each night.



# ~ Luxury Accommodation ~

## *Lakefront Villa*

x 1 Private room in the Lakefront Villa \$1900

x 2 Single beds in a shared room Lakefront Villa \$1400



## *Lakefront Suite*

x 2 Private rooms Lakefront Suite \$1750



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# ~Luxury Accommodation~

## *Lakeview Barn*

- x 1 Private room The Lakeview Barn \$1600
- x 2 Single beds shared room Barn ground floor \$1200
- x 2 Single beds shared room Barn Loft \$1200



## *Shared Luxury Lakeside Bell Tent*

- x 2 Private Luxury Lakeside Tent \$1200
- x 2 Shared Luxury Lakeside Tents \$900



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