



Style, Health, Insight and Nutrition Education

SHINE is the central focus of your wellness retreat. Created by women for women you can expect to participate in a variety of activities that will leave you feeling renewed and revitalised. SHINE is not a boot camp. Nor is it a yoga retreat, detox retreat or an opportunity to laze by the pool sipping the Hunter's finest wines. So, what does SHINE stand for exactly? Let's break it down.

S – Style

Style is exactly what you can expect on your retreat. You'll enjoy luxury accommodation, gourmet meals, personalised service and attention, as well as a day spa experience that will leave you feeling like a princess.

Style is YOUR style – not our style or your friends' style. Every guest who attends a retreat signs up for different reasons. You may want to kick start a healthy diet and get back to exercise. Maybe you're starting an exercise program for the first time or want to learn how to live a healthy and fulfilling lifestyle. Perhaps you're dealing with menopause, emotional health issues, depression, trauma or emotional stress; and some just want to escape the busy lifestyle and relax in the company of likeminded women. Regardless of where you're at, your experience with SHINE is all about YOU.



All activities are included in the cost, but if you choose to skip a few and chill out by the pool, meditate outdoors or go for a walk....do so. You'll be encouraged to try new things but also to recognise when you need some 'me' time.

H –Health

Health means different things to different people at different stages of life. You'll learn the real health issues faced by women today. Not by reading a manual, but by listening to real people working in the industry who are interacting with people just like you on a daily basis.

When we talk about health at SHINE, we're referring to a healthy body, mind and spirit. As when each of these elements is working at optimum level, you'll feel and look fantastic – no matter what your age!

As part of our strategy to remove you from everyday stresses, we ask for your commitment to 'disconnect' from technology. This means switching off mobile phones, laptops, PDAs, computers and televisions for the duration of your stay. This allows you more time for reflection and relaxation without the interruption of events in the outside world.

Healthy living is all about striking the right balance for you and your body. You'll get to experience a range of activities and fitness classes such as:

- Meditation
- Beauty and makeup tips and advice
- Aqua aerobics (weather permitting)
- Stretch and relaxation
- Pilates
- Resistance training
- Yoga
- Cardio classes
- Leadership training

....and a few other surprises that you'll find out about on the retreat!



Additionally, you'll hear from professional speakers on a range of health, nutrition and beauty topics.

We'll even engage your pelvic floor.....yes those dreaded exercises we all forget to do!

I – Insight

Insight is the capacity to gain an accurate and deep understanding of someone or something. At SHINE, our goal is to give you insight into health, nutrition and fitness and to help you experience the benefits of healthy living. You'll gain greater insight into the type of person you are, the way you live and who you want to be.

N – Nutrition

Nutrition is obviously incorporated in 'health' but due to its importance, we've included it as a topic on its own.

You'll learn how to create a balanced meal and portion control your serving size, where to get nutritional advice and common nutritional deficiencies faced by today's general population.

To ensure you leave feeling vibrant and renewed, your menu plan has been carefully created in consultation with the venues' chef and expert nutritionists. You will be taught how to incorporate a healthy whole food regime at home.

All meals are prepared fresh daily and are guaranteed to excite your taste buds.

E – Education

Some have suggested that the 'E' in SHINE stands for 'expensive'. Let's be honest, for many people, it is expensive – especially if you're a stay-at-home mum, work part-time or are on a pension. Through careful planning and negotiation, we've maximised every opportunity to minimise the cost to you without compromising our values and integrity.

You'll receive everything you'd expect from a five-star resort complete with gourmet delights, spa treatments and luxuries fit for a queen. But the true value in a Shine retreat is reflected in the greatest gift of all – Education. With knowledge, you can make lasting change and continue your healthy lifestyle when you return home.

In 5-days you'll receive insight and hear advice from experts who have years of experience and education in their fields. Experts who can steer you in the right direction so you're not repeating

the same bad habits year after year. Experts who have learned how to deal with the struggles faced by real women, just like you, and who have years of proven success working with their clients.



Your venue



Awaken from your slumber, walk out to your balcony or veranda and enjoy the gentle breeze and scent of crisp sea air. Stretch and rejuvenate your mind, body and soul through morning yoga on the beach. Enjoy the magnificent views and natural beauty surrounding the Anchorage while reading a book, taking a dip or partaking in one of the many sessions programmed for your stay.

With absolute beachfront location, you'll enjoy stunning views of the Bay throughout the resort. We guarantee you'll be feeling so great by the end of your 5-day stay, you won't want to leave!

The Anchorage is an easy 2.5hr drive from Sydney, 45min drive from Newcastle or 30min drive from Williamtown (Newcastle) airport.

Venue facilities

Option of single room or shared room accommodation

Absolute beachfront location

Outdoor pool

Spa/hot tub

Walking trails

Day spa

Luxury break areas with open fireplace and uninterrupted water views

On-site parking



Your meals

All meals are provided for you during your stay. This includes breakfast, lunch, dinner and morning and afternoon tea.

We are more than happy to cater for guests with allergies and major food sensitivities. However, we can't accommodate 'fussy eaters'. Your menu is preset to ensure you receive a balanced intake of essential protein, vitamins and minerals for the duration of your stay.

As this is a health retreat, caffeine and alcohol are not permitted. You will be provided with the option of herbal teas and water during your stay.

If you have specific dietary needs, please inform SHINE at the time of booking.

Your accommodation

You'll enjoy absolute luxury with perfect views and backdrop of Port Stephens bay. Every modern comfort is provided for you.

Single room and twin share accommodation options are available. Twin share can be a great way to save money, make new friends or travel with a friend or relative. For convenience of arrangement, rooms are allocated prior to your arrival.

Anchorage rooms (single or shared accommodation available)

A spacious room with the choice of either a king size bed or twin single beds. Each Anchorage room has either a balcony or verandah and most have uninterrupted water views of the Anchorage Marina. The Anchorage room has an ensuite bathroom with a shower located over the bath.

Loft suites (Upgrade option available upon request. Additional cost applies.)

A unique cosy suite with the bedroom located on a mezzanine level with a king size bed, ensuite bathroom with jet bath and shower. Downstairs offers a spacious living area with sofa. Each suite has a balcony with water views of the Anchorage Marina.



Your classroom

Classes are either held outdoors on the grounds (weather permitting) or in the air-conditioned conference facilities with magnificent views of the establishment grounds and marina.

Your journey

From Sydney airport – Approximately 2.5 hr drive

From Williamtown airport – Approximately 30 min drive

Via train to Newcastle Central Station – timetable and travel duration varies

Transfers – Transfers can be arranged at cost for all guests arriving at Newcastle (Williamtown) domestic airport, or via train at Newcastle Central Station.

Your preparation

If you're a heavy drinker, smoker or consume regular caffeinated drinks such as coffee, black tea and Coke, we recommend you eliminate, or at the very least cut back, on these items one to two weeks prior to your stay. During this detox process, you may experience headaches, sleepiness, irritability, lethargy, constipation, lack of concentration or a stuffy nose. These symptoms are all normal and fortunately only last a few days. So stick with it, keep up your water intake and focus on the reasons why you're doing it.

Getting through this detox period prior to your stay ensures you're ready for participation without the feeling that you want to crawl back into bed!

What to bring

- Comfortable clothes for walking and exercising eg. shorts, t-shirts, tracksuits, leggings
- Running and/or walking shoes
- Thongs
- Swimwear and rash vest for sun protection
- Something to sleep in
- Toiletries
- Sunglasses, hat and sunscreen
- Any prescription medication you need to take during your stay
- Casual wear for evenings and classroom participation.
- Aeroguard will be available if the mozzies are out!

No need for high heels or accessories. You'll be spending most of your time in classes, exercise programs and at the day spa.

DO NOT bring any alcohol, tobacco, non-prescription drugs, food (including snacks of any kind), newspapers or magazines (books are allowed), laptops, mobiles or other electronic devices.

Spa treatments

As a special guest of SHINE, you'll receive 20% off all spa treatments at Shayna Day Spa. A copy of their current treatment menu is available at <http://www.shaynadayspa.com.au/>.

If, like me, you love a little pampering, I strongly recommend you select the treatments you'd like to book prior to attending the retreat. You'll have the chance to speak to therapists and confirm bookings on day 1 of the retreat. However, early notice to SHINE via email is appreciated and will ensure you get priority treatment days and times with minimal disruption to other program activities.

Questions?

If there's something you're not quite sure about, give us a call or send us an email. We're happy to help you with your preparation and look forward to meeting you at the retreat.

Thank you for choosing SHINE as your preferred wellness retreat.

Shine wellness retreat policies

Please refer to our website for the latest version of our Privacy Policy and Copyright Policy.

Disclaimer

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