

30 JUNE - 4 JULY 2022

Massoga®

Wellness Retreat

no better way to unwind body + mind



Why Retreat?

Many people suffer chronic low-level stress and think it's normal. The inability to rest effectively can lead to poor sleep due to our bodies and minds being overstimulated. This creates stress within the system. Learn to un-stress with short effective daily practices on retreat that you can integrate into everyday life post retreat.

Massoga®

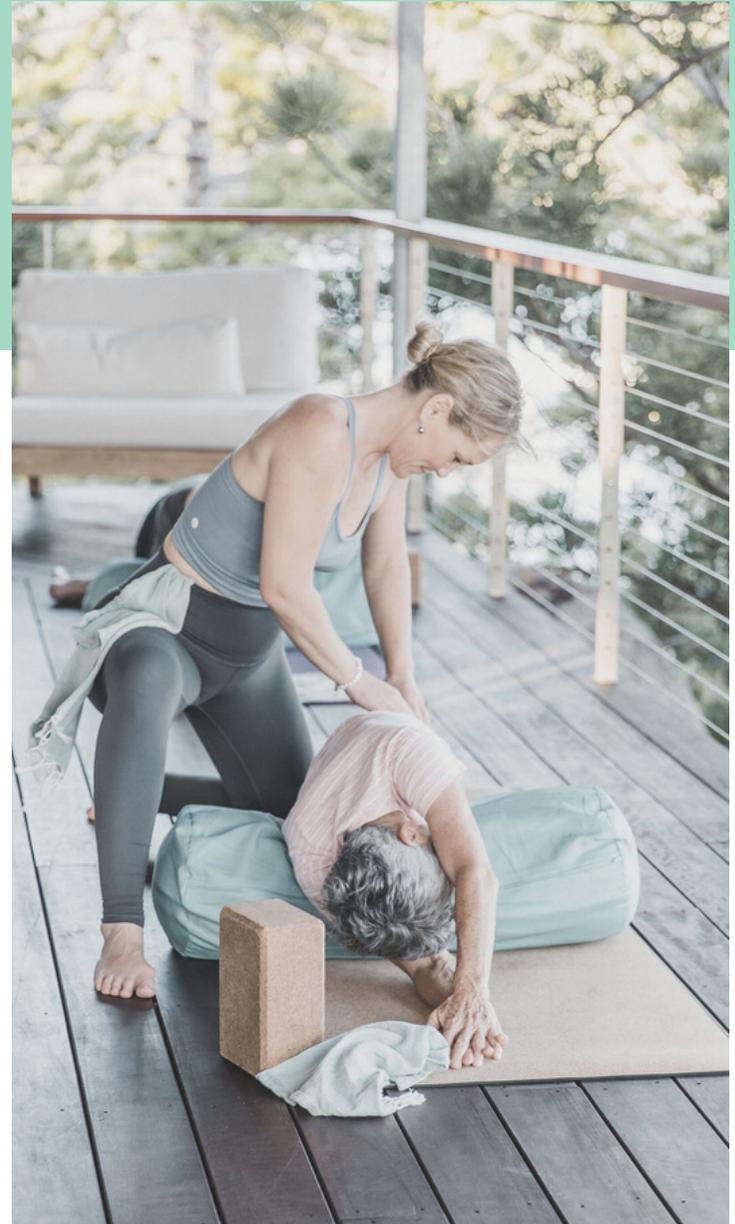
MESSAGE YOGA

Stretch

Your body is supported by yoga equipment in every yin pose allowing for a deep stretch and relaxation.

Massage

Receive massage by a professional therapist in every yin yoga pose to deepen the level of relaxation.



Example Daily Schedule



7am Slow Yoga, Meditation + Breakfast

Start the day with intentionality, with an opportunity to explore ways to cultivate rest from the start of each day.



930am Cliff top beach walk, Sauna relaxation + Lunch

Explore the magnificent coast line with a morning cliff top beach hike (and maybe a quick ice cold dip!) Follow this with sauna time at the Surf Coast Wellness Rooms. Then head back to the Summer House and enjoy a luscious and highly nutritious lunch



4pm Massoga® + Meditation + Dinner

Relax into a deeply restorative and reflective Massoga® session followed by a meditation prior to your evening meal.

”

TAKE NOTE

I have been to a number of yoga and surf retreats around the world, including in Portugal, Morocco, and Sri Lanka, and this was one of the best I've attended.

~ Lucy, QLD

Inclusions

Accommodation

At the luscious Summerhouse Retreat in Torquay. Amenities include beautiful big gardens and a plunge pool.

Private Chef

Our Chef can cater to your requests & dietary requirements.

Activities

Daily Surf + Massoga®, slow yoga, meditation, and salt room, sauna and sound bath.

Optional Extras

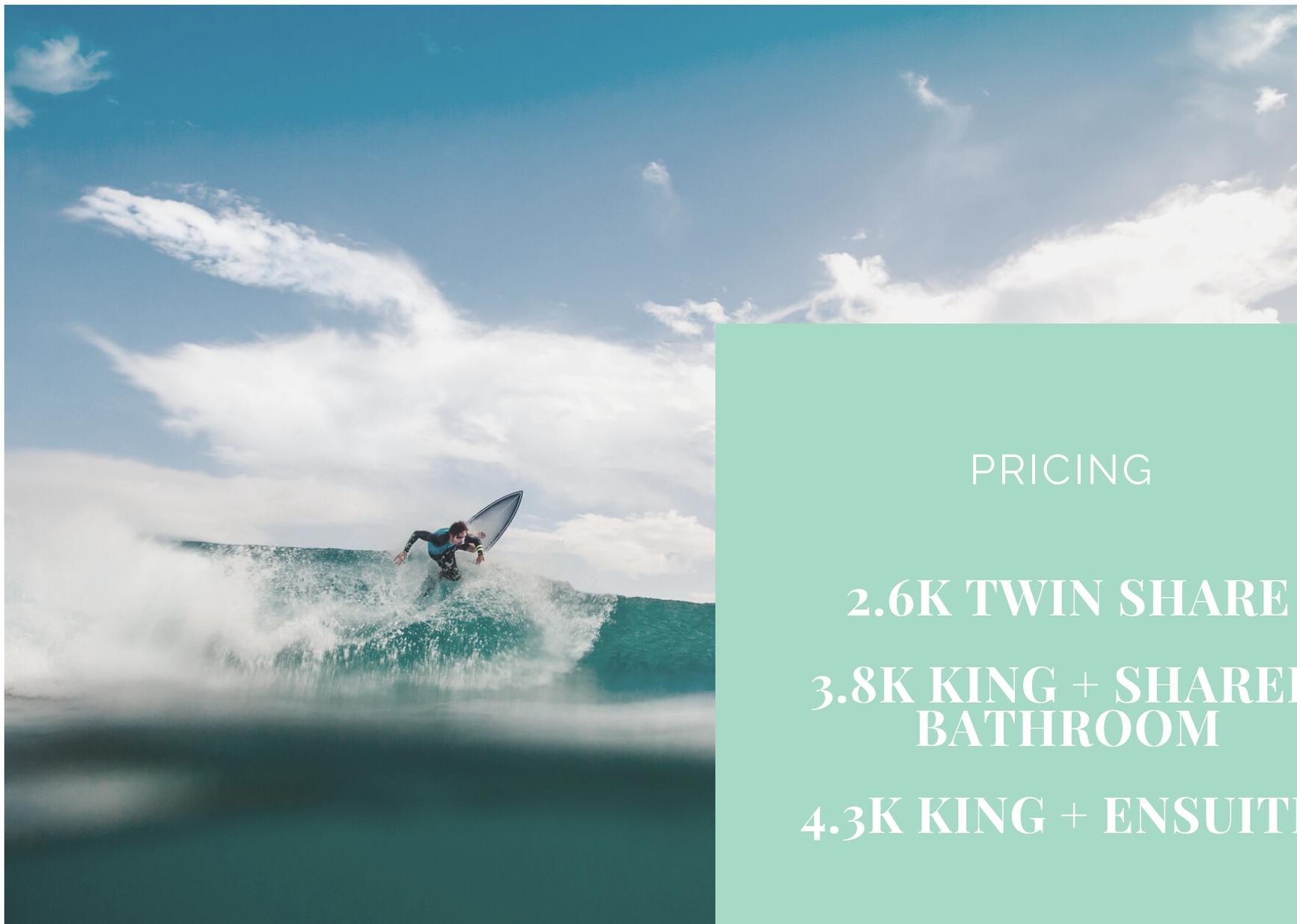
Private massage, facials, post surf ice bath + sauna + private sound healing.



TAKE NOTE

Wallis is a professional & warm presenter with a great yoga style & hands that know exactly where to assist you! Her attention to detail in every aspect of our 5 day retreat on magnetic island was impressive.

~ Claire, VIC



PRICING

2.6K TWIN SHARE

**3.8K KING + SHARED
BATHROOM**

4.3K KING + ENSUITE



KING + SHARED BATHROOM

This room shares a bathroom with 2 other rooms. Enjoy on your own in the King Bed or share with your bestie or a new retreat friend in Twin beds.

King \$3800

Sharing \$2600 each





KING SUIT

The only room at the summer house with an ensuite, enjoy on your own in the King Bed, or share with a friend in Twin beds.

King \$4300

Sharing \$2900 each



Amenities

Modern fully-fitted Hamptons-style kitchen with gas cooker, electric oven, dishwasher, ice fridge, wine fridge, butler's pantry, microwave, smoothie maker and large stone benches

Smart TV with Netflix (se your own passwords), Sound Bar (Bluetooth high quality sound system) and JDMI set up for business online conferencing

Free Wifi on site

4 x Luxury bedrooms (all consisting of king beds that can be split for either 4 couples or 8 individuals)

2 x bathrooms (1 x ensuite) with double shower and restored roll top bath

Beach towels (optional extra)

Bath robes (retreat guests only)

Luxury ASPAR bathroom products

3 toilets

Large living and relaxation area with ocean views

Gas log fire

Laundry with washer and dryer

Undercover verandahs with ocean views surrounding the entire house

Luxury linen

Ducted heating and air-conditioning

Plenty of parking for 6 cars

Remote-controlled automatic gates

Outdoor shower

Plunge pool

Outdoor entertainment area including BBQ, fully landscaped retreat gardens and fire pit

Yoga studio



Our Team



Wallis Murphy-Munn

Massoga® Founder + Facilitator

Wallis will guide you through each session with a focus on mindfulness.



Sophia Davey

Chef

Skilled in cheffing up for meat eaters to vegan's and all things in between.



Massage Therapist

Remedial Massage

Available exclusively for retreat guests every dail for remedial massage.



*We look forward to welcoming
you on retreat.*

Where body and mind go to unwind