

Your Wellness journey starts here



Wellness by Tanya Ladies Retreat

4 days/3 nights from \$2099*pp | Dates: 18-21st March 2021

ABOUT THIS TOUR

Join me on this exclusive four day retreat as we explore your wellness journey and enjoy a selection of classes and therapies. Feel rejuvenated and relaxed at the end of your stay.

The Anchorage Port Stephens

Breezy seaside style at its finest, The Anchorage Hotel & Spa offers luxurious absolute waterfront accommodation on the pristine shores of Port Stephens.

Limited spots available.

PACKAGE INCLUDES:

- 3 nights accommodation (twin share)
- Daily Breakfast, Lunch, Morning and afternoon tea
- Dinner each night (drinks additional)
- 1 spa treatment (2hrs)
- Treatments by therapists in: Reiki, Naturopathy, Hypnotherapy*
- Yoga /Pilates and meditation classes daily
- Nature walks and sailing
- Informative talks on health each day

*Conditions apply. Advertised price is per person twin share, subject to availability. Minimum numbers required for retreat to operate. Single supplement available. Other conditions apply, please contact me for more information.



To find out more call **Tanya Tyler**
your personal travel manager

0404 826 404

tanya.tyler@travelmanagers.com.au
facebook.com/TanyaTylerPersonaltravelmanager
travelmanagers.com.au/TanyaTyler



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