

Your Wellness journey starts here



Wellness by Tanya Ladies Retreat

4 days/3 nights from \$1998*pp | [Dates: 5-8th November 2020](#)

ABOUT THIS TOUR

Join me on this exclusive four day restorative retreat as we explore your wellness journey and enjoy a selection of 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)
- Breakfast & lunch daily
- Morning and afternoon tea
- Dinner each night (drinks additional)
- 1 spa treatment
- 3 treatments by therapists in: Reiki, Naturopathy, Hypnotherapy
- Daily yoga or pilates classes
- Daily meditation sessions
- Daily health talk with Q&A

*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](#)
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