

what other say from the June yoga meditation retreat

1. Gwynne's week-long retreat was such a nourishing tonic for body, mind and spirit. She so thoughtfully put together a week of her seasonally-specific twice daily yoga and meditation, together with outstanding vegan food.

The days left ample time for quietness or gentle activities, including an occasional swim and walk at Mystery Bay.

So many thoughtful details, including two pertinent books - and time to read them!

Her incredible property at Tilba Tilba sits on the side of Mt Gulaga, whose nurturing female presence certainly infuses everything with her all-encompassing embrace.

Gwynne's thoughtful - yet unfussy - care about every element of the retreat made it very special.

Her yoga practices were specific and beneficial; her careful planning made for an extremely nurturing and calming balanced experience.

All of us in the little group had the time and space for reflection - and for slowing down!

And all in the beautiful calm, quiet surroundings of Gwynne's farm.

I'm still feeling the benefits of the week in so many ways.

In sum, an extraordinary week - I left feeling lighter, and enlivened, having remembering the intensified benefits of a week-long retreat.

I'd love to come again

Bridget

2. I loved your women's yoga retreat and look forward to a return visit. To me it was extremely special and transformative.

Set in the magic rolling hills of the NSW south coast Gwynne's 8-day women's yoga retreat is truly a special transformative experience. Yoga and meditation form the backbone of the program whilst a nourishing ayurvedic/macrobiotic diet provides additional wellness support. Gwynne's cooking demonstrations are nothing but inspiring and leave you craving for more. The serene environment, combined with Gwynne's expertise and warm personality, creates a truly immersive and rejuvenating retreat.

"From the moment I arrived at the retreat, I felt a sense of peace and tranquillity. The location amidst the enchanting rolling hills of the NSW south coast was simply breathtaking. The serene surroundings set the perfect backdrop for the transformative journey that awaited us.

The yoga and meditation sessions were the heart and soul of the retreat. Gwynne's deep knowledge and passion for yoga shone through in every class. Her guidance and attention to detail helped me deepen my practice and explore new dimensions of self-awareness. I felt a profound sense of balance and harmony within myself as I delved into each asana and allowed my mind to quieten during the meditation sessions.

One of the highlights of the retreat was the nourishing ayurvedic/macrobiotic diet. The carefully curated menu not only nourished our bodies but also supported our overall wellness journey. Gwynne's cooking demonstrations were nothing short of inspiring. Her expertise in blending flavours and using wholesome ingredients left me in awe.

Beyond the physical and culinary aspects, Gwynne's warm and nurturing personality created a safe and inclusive space for all participants. Her genuine care and attention to each individual's needs made me feel seen and valued throughout the retreat. Gwynne's ability to create a sense of community among the participants fostered deep connections and meaningful conversations.

The overall experience of Gwynne's 8-day women's yoga retreat was truly transformative. I left feeling refreshed, rejuvenated, and more connected to myself and others. The combination of yoga, meditation, nourishing food, and Gwynne's guiding presence created a holistic experience that went beyond my expectations.

If you are seeking a truly special wellness retreat that encompasses the beauty of nature, the power of yoga, and the nourishment of wholesome food, I wholeheartedly recommend Gwynne's retreat. Prepare to embark on a journey of self-discovery, surrounded by like-minded women. It is an experience that will stay with you long after the retreat concludes and something that I would consider a yearly pilgrimage must do."

Tanya

3. Gwynne has been my yoga teacher and mentor for some decades now. So when she first expressed her intentions to host retreats at Tilba Tilba Farm, it was exciting to hear my dear friend's dream come true and immediately secured a spot.

As time grew closer, my own world was being challenged and I knew that:

1. I needed a place to heal and strengthen, ready for what was a life challenge ahead of me

2. I needed a place to inspire and find calm

In the past few years I have made conscious decisions to improve my health and confidence. Reclaim what belongs to me.

We practiced Zen disciplines - eating practices of what and how to consume, cooking lessons, food as medicine, daily yoga asanas both yin & yang yoga practices and pranayama breath work.

Yoga Nidra was our evening sleeping pill and so many other offerings.

Here for 8 days I practiced and bathed in all that was offered. Literally & figuratively.

A 24 hr noble silence practice was extremely challenging for me personally.

My reaction was curious and in reflection was the deal breaker for me to grow, and trust myself to step into my power and just be.

I went into this realm kicking and screaming and now smile at my resistance of silence where I'm offered a world of inner peace.

Gwynne and my fellow companions were all very kind and allowed me to just be. I needed detachment and distance from this experience and was given love and support in return.

Weeks later, the benefits are still with me. Gwynne has provided me with life long lessons.

I humbly thank you.

Nadine