



what others say
reflections on the womens autumn yoga meditation retreat
april 2024

Situated at Gwynne's farm under Mount Gulaga, a place of spiritual significance for the Yuin people and symbolising Mother,
I spent a week away from my day to day life.

Under Gwynne's guidance and care a group of women, not previously known to each other, participated in yoga practices, meditation, healthy Ayurvedic/Macro diet, swimming, walking and rest.

After a week of calm, introspection, sometimes confronting emotions, I came away promising to myself to try to let things go and to become friendly with the unknown.
It was a challenging yet wonderful week that I will cherish with all my heart.

Thank you Gwynne
Victoria

Thank you for the opportunity to attend the yoga retreat at your property last week. It really was a once in a lifetime experience. The beautiful, unique country surroundings, spacious comfortable bedrooms, delicious home-cooked meals, stunning pool, inspiring yoga classes and fabulous female companions were more than I could have imagined. I loved the variety of activities each day paired with plenty of quiet time to rest and relax. The special events of the Healing Sound Bowls, Buddhist Nun talks, refreshing ocean dips and beach walks made the week truly memorable.

My heartfelt thanks to you and Adrian for your generous hospitality and expert advice on all things to do with health and spirituality.

Dimi

I've recently returned from Gwynne's autumn retreat, feeling spacious and with a calm sense of love and openness.

It's impossible, in advance, to really appreciate the cumulative benefits of a week-long retreat - but it just kept on giving, the more I let go and relaxed.

Gwynne is a tender, caring, generous teacher and host. She's created a very special welcoming environment. The macrobiotic, vegan food, cooked by Adrian Ward was exceptional.

I highly recommend this bespoke women-only yoga and meditation retreat; food for the body and soul.

Bridget

It is hard to believe that it was only a couple of weeks ago that I went on an Autumn retreat to Tilba Tilba with Gwynne.

My habits have changed in so many ways.

It was time out for reflection, peace, good food and community.

I had no idea how tired I was, a common thing in today's busy world.

I also didn't know how my habits of snacking and missing meals was affecting my physical and mental health.

My accommodation was superb with a beautifully appointed bathroom.

The food was cooked with love and the community of women was a joy.

Our daily yoga practise both morning and late afternoon fitted perfectly with the season and our transition into quite contemplation.

You are free to engage with the extra activities such as beach swimming and walking or if you need time out that is also encouraged.

Gwynne is a very skilled facilitator and teacher, you are immersed in her world and she shares it with grace.

By the end of the week I felt like a totally new invigorated person.

Karen

gwynne jones

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