

Beautiful Minds Mother + Daughter Retreats

# UBUNTU

Swami's Yoga Retreat, Sydney



Sydney, NSW

Intro

# Beautiful Minds



Over 21 years of supporting Australian families

We believe in that home is the hero.

We support kids aged 8 - 14 and those who care for them.

We work with the worlds leading wellbeing experts to create powerful and immersive learning experiences.

Science supported tools delivered in a creative, dynamic way.

We use story telling, music, colour, movement and settings that make our hearts skip a beat.

We bring families together.



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## A message from our CEO

The Zululand region of South Africa is a sacred place to me. It is where I was born and raised, spending the first 24 year's of my life.

In the Zulu tribe's, when someone does something wrong, their tribe takes them to the centre of the village. For two whole days, the tribe surrounds them. And speak of all the good that person has done.

They believe each person is good. But that we sometimes make mistakes. These mistakes are cries for help.

They unite in this ritual to encourage the person to reconnect with their true nature. The tribe believes that unity and affirmation has the power to change behaviour.

This is humanity towards others – they call it Ubuntu.

Our philosophy at Beautiful Minds is “I am, because you are.” or, “WE, not ME.”

It ties all of our Beautiful Minds people and experiences together.



# The UBUNTU story

Over the last twenty one years, we've seen first hand, every day that it takes an entire community to raise a child.

Our organisation was built on foundations of beauty, goodness and truth.

For us, experiences are at the heart of change.

I created our Ubuntu Retreat Experiences for mothers and daughters to connect.

To let families know that the world is beautiful and that it's safe.

To understand the importance of good patterns of life, friendships and self-care.

Being connected allows us all to reach our full potential, as individuals and as a society.

Our retreat experiences combine our philosophy with science-supported knowledge.

Designed by our world-leading mental health experts from Harvard University and Stanford University.

In an environment that is tranquil with a real sense of specialness.

"WE, not ME" is human dignity, oneness and living so that meaning and purpose can find us.

I hope to meet you at a Beautiful Minds Ubuntu Experience soon

Marina Passalaris

Founder and CEO of Beautiful Minds

*"They believe each person is good. But that we sometimes make mistakes. These mistakes are cries for help"*



**Reconnect. Unwind. Create forever moments together.**

Suitable for girls aged 8 - 14 where social and emotional development is vital for a success identity

**Are you struggling to find meaningful, quality, one on one time with your daughter?**

**No distractions from other family members. Just you and your daughter**

Turn off your phone, step into the country, and disconnect from the outside noise. The next two nights are all about you and your daughter reconnecting and making forever memories.

**Healthy, farm to table meals** - we take you back to simple times.

Fresh country air is perfect for letting go of tension. It's been a rough ride for a lot of families.

**Come alive again** with daily yoga, sound healing, reading a book in a hammock , journalling under the stars, taking a sauna, swim or spa bath or simply enjoying the stillness of the 60 acre property.

Our experiences are designed with help from global well-being experts.

**Leave feeling full, rested, and connected.**



# Journey

## Property details

Swami's is a transformational retreat centre, intended to help you reset and rejuvenate while you build more compassion, mindfulness, self-love, and balance in your life.

Swami's is situated on 60 acres of tranquil bushland and only 50 minutes from the centre of Sydney. Our comfortable guest rooms will ensure you a the opportunity to relax and replenish in peace. On-site facilities include a pool, spa, sauna, gym, library and tennis/basketball court. Our team will also treat you to delicious vegetarian fresh meals for a healthy lifestyle



3.00pm check in



10.00am check out



Swami's Yoga Retreat, 183 Pitt Town Rd, Kenthurst, 2156



[Property video](#)

















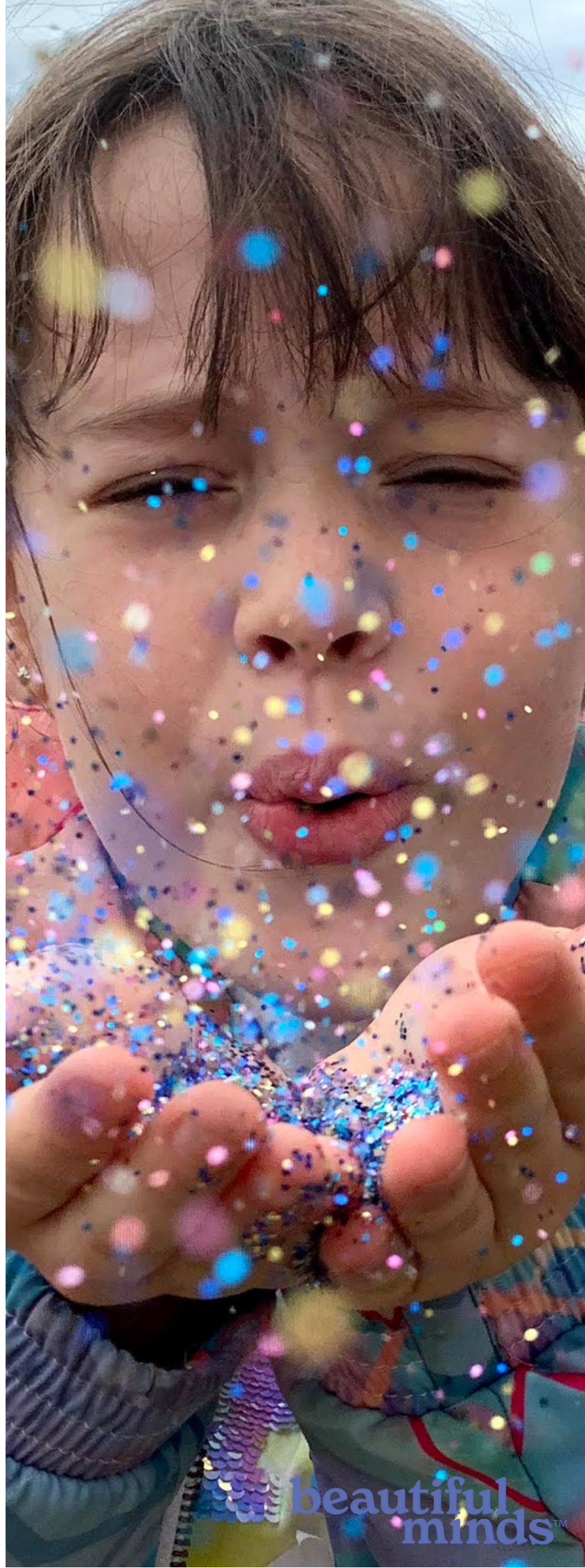






# What is included

- Certified Beautiful Minds coaches
- Two nights accomodation
- All meals, afternoons snacks and tea and coffee
- A peaceful bushland setting with comfortable double and triple rooms with ensuites. Glamping tents are also available
- Beautiful Minds sessions on harmony in the home, mother and daughter reconnection sessions, creative drawing, body image and self worth, UBUNTU session and more
- Daily yoga
- Sound healing and mediation
- Use of the pool, sauna, spa and private use of 60 acres
- Stargazing





# What is included

- 28 day program for mums only after the retreat delivered by live Masterclasses
- Exclusive access to our BM+ parenting portal for life where we share valuable weekly content from our global experts, Masterclasses, recipes, access to merch and events before the public
- Magic pill session for mums
- Friendship session for the girls
- A lilac Beautiful Minds gift box and 14k gold heart necklace for each guest
- A journal
- Free time to read a book in the hammock whilst listening to the birds







The experience















Life is short. Create  
forever memories.

"A mother is your first friend,  
your best friend, your forever  
friend."

beautiful  
minds™



# Glamping tent

## Accommodation options

Get even closer to nature by camping in style in bell tents.

These all-weather bell tents are comfortably equipped with power points, lighting, a heated blanket, and a fan for warmer days.

All bedding is provided – you only need to bring your PJs and some slides to walk to the bathroom pods, which are about 20 seconds away from your tent.



Glamping tent  
\$995 per person



## Double or triple rooms

### Accommodation options

All rooms come with fresh linens, heaters and blankets, and fans for warm days.

Our rooms are simple, but exceptionally peaceful and comfortable.

Rooms can accommodate up to three people.



Room and ensuite  
\$1,295 per person



## Payment plan options

We want all mums and daughters to experience our retreats which is why we offer payment plans where you can pay a small fee each month leading up to the retreat.

Alternatively, you can pay for the retreat in full.

### **How our payment plans work:**

Payment plans are between 2 - 3 months in length depending on how far out you book your retreat.

We do this via Stripe so that all payment plans are set up and automated

Month 1: 500 room deposit to secure your spot plus a \$200 finance fee to set up your payments. (we have used the glamping rates as an example)

Month 2: \$745

Month 3: \$745

\*Retreats must be paid for in full two months prior to attending

Payments can be made by calling our team on 1800 264 637 and doing a credit card sale over the phone or by doing a direct debit into our account:

Beautiful Minds Australia Pty Ltd

BSB: 082 356

ACCOUNT: 35 692 7448

Please email [care@beautifulminds.com.au](mailto:care@beautifulminds.com.au) a copy of your bank transfer remittance screenshot so we can allocate it against your booking and name.



# Guest feedback



1



*"I cannot recommend this retreat anymore!"*



# Guest feedback



1



*"Thank you Beautiful Minds for an incredible 2 nights of bonding"*



# Guest feedback



1



*"I cried happy tears at least 5 times on this retreat"*



# Guest feedback

**beautifulminds** Follow Message

3,553 posts 20.3K followers 218 following

**Beautiful Minds**  
Community  
x unleash kids potential  
x support ages 5 to 14 and parents  
x harmony in the home  
x we bring families together  
x 21 years strong  
x science supported  
[bmindsplus.co](http://bmindsplus.co)

Mum & Dau... DAYLESFORD EXPERIENCES MARNUS NEW MERCH REVIEWS SCHOOLS



1

Our instagram page @beautifulminds is FULL of videos and testimonials from past retreat guests. These can all be found on the saved stories, the circles above





When you attend one of our retreats you are essentially in our home.

You are our guest. It is important that all guests are suited to our program so that we have beautiful, like minded people attending each experience.

It is for this reason we speak to all potential retreat guests prior to booking in so we ensure our program is right for you and your daughter and your family is the right fit for us and our program.

Let's chat



[www.beautifulminds.com.au](http://www.beautifulminds.com.au)



1800 264 637



[care@beautifulminds.com.au](mailto:care@beautifulminds.com.au)

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Know before you go

Terms and conditions -  
<https://beautifulminds.com.au/terms-conditions/>

1-800-264-537

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# Travel Checklist

## Documents

- Waiver completed
- Boarding pass (if travelling to us)
- Driver's license
- Travel insurance
- Health insurance
- .....
- .....
- .....
- .....

## Toiletries

- Toothbrush + paste
- Deodorant
- Shampoo + conditioner
- Shaving supplies
- .....
- .....
- .....
- .....
- .....
- .....

## Others

- Casual clothing
- Camera + Charger
- A jumper
- White outfit for last dinner
- Swimming togs
- Yoga or exercise gear
- A good book
- Closed, walking shoes
- Underwear

## Health and beauty

- A hat
- Sunscreen
- Sleeping mask
- Medications
- .....
- .....
- .....
- .....
- .....
- .....





BEING COOL  
**BEING KID**