

Beautiful Minds Mother + Daughter Retreats

UBUNTU

Lawson Lodge Country Estate, Macedon, Victoria



Macedon, Victoria

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

Welcome to the country - where the air is crisp and we take you back to simpler times.

Walks in the countryside, chat to our local farm animals, enjoy delicious farm to table meals and treasure the forever moments with your daughter. Kick your shoes off, curl up with a good book and let us nurture you.

Situated in the picturesque Macedon Ranges and set on 65 acres of rolling hills and golf fairways, this unique retreat is surrounded by stunning bush land and National Park, with amazing views of Mount Macedon. We hire the entire property just for our group.



3.00pm check in



10.00am check out



227 Lawson Road, Macedon, Victoria, only
50 minutes from Melbourne's CBD







What is included

- Certified Beautiful Minds coaches
- Two nights accomodation
- An in house chef
- Beautiful country accomodation
- 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
- Exclusive use of the luxury property
- 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
- 'Who am I?' session for mums
- Friendship session for the girls
- A lilac Beautiful Minds gift box and 18k gold heart necklace for each guest
- A journal
- Free time to read a book 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."

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Accommodation options

Glamping accommodation: You and your daughter will share a beautiful, weather proof bell tent which has a queen bed.



\$995 per person (all inclusive)

The Fishing Hut

The Fishing Hut by the lake is a stunning, rustic outdoor experience. Wake up to the most beautiful views across the water, in absolute privacy. The Fishing Hut includes a queen bed, wood fire and electric heating and cooling, fridge, BBQ, fire pit, fishing rods, tea and coffee facilities, outdoor seating, a heated outdoor shower and an iconic outdoor Aussie toilet. Sleeping up to 2 guests.



\$1,100 per person (all inclusive)

The Fishing Hut: The Fishing Hut by the lake is a stunning, rustic outdoor experience. Wake up to the most beautiful views across the water, in absolute privacy. The Fishing Hut includes a queen bed, wood fire and electric heating and cooling, fridge, BBQ, fire pit, fishing rods, tea and coffee facilities, outdoor seating, a heated outdoor shower and an iconic outdoor Aussie toilet. Sleeping up to 2 guests.



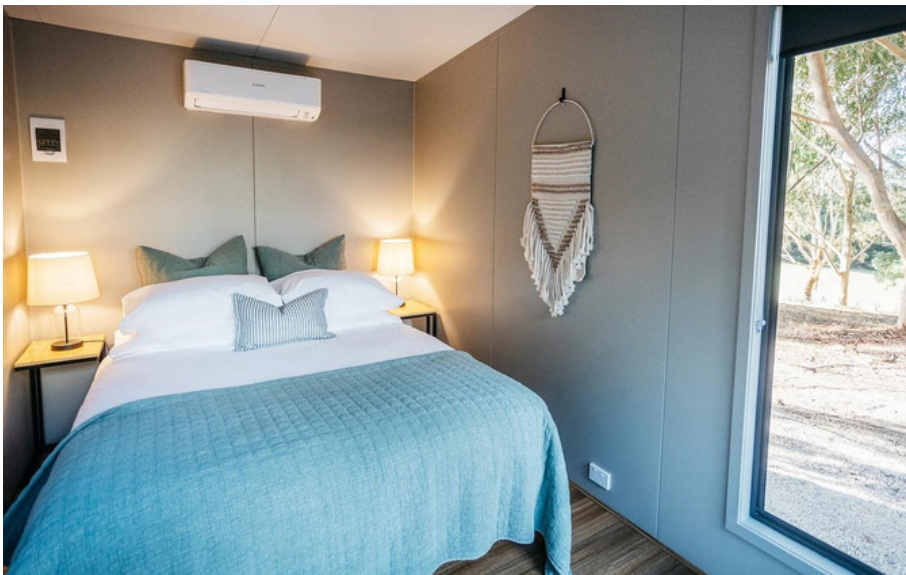
The Cabins

The three little sleep pods are a cosy accommodation option, nestled into the bushland on the edge of the golf course. Featuring queen beds, heating and air conditioning, veranda with seating to relax and enjoy the views and nearby access to the bathrooms and kitchenette in the Gazebo. Sleeping up to 2 guests each.



\$1,100 per person (all inclusive)

The Cabins



Lodge Accomodation

Lodge accomodation: You and your daughter will share a room with either a king or queen bed with shared bathrooms



\$1,350 per person (all inclusive)

The Managers Cottage

The managers cottage is a gorgeous, completely off-grid, 3 bedroom cottage.

Featuring 2 queen and 1 single bedroom, a large lounge and dining room with wood fire, kitchen, bathroom and fire pit. Enjoy panoramic views over Mt Macedon from the large veranda with swing chair.



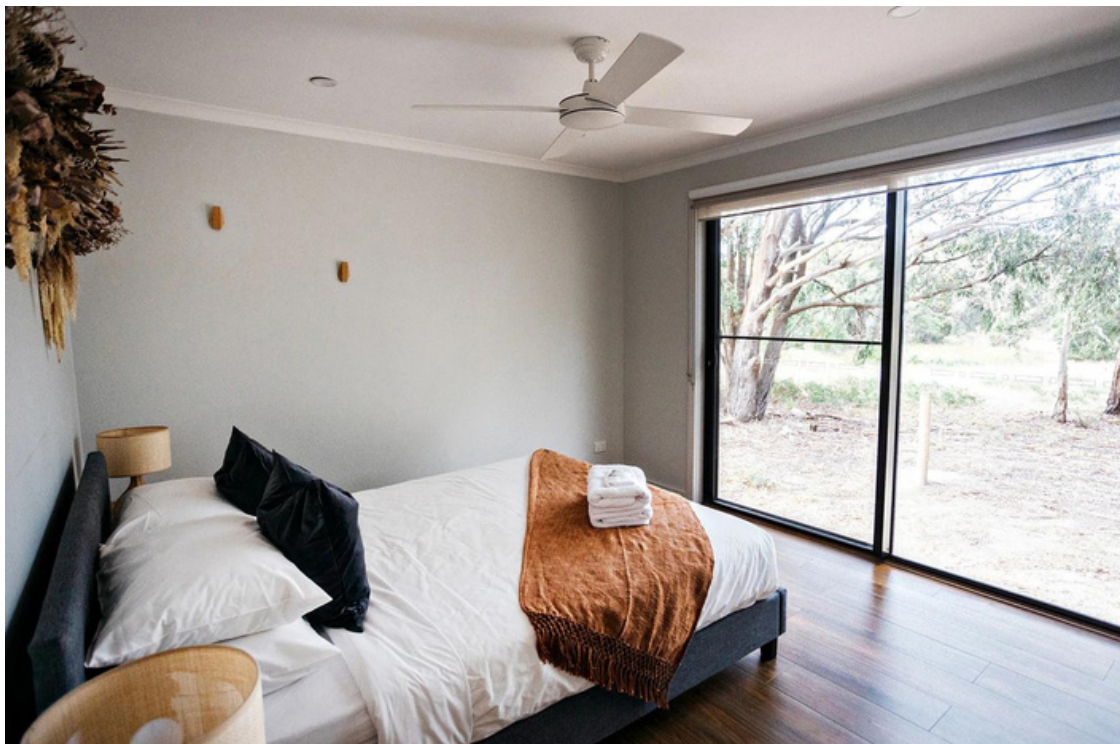
\$1,550 per person (all inclusive)

The Managers Cottage



\$1,550 per person (all inclusive)

The Managers Cottage



\$1,550 per person (all inclusive)

Executive Suites

The two Executive Suites are located in the clubhouse building and boast amazing views over the lake, with direct access to the golf course. Featuring king beds, private ensuite facilities, heating and air conditioning and tea and coffee facilities. Sleeping up to 2 guests each.



\$1,550 per person (all inclusive)

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Payment plan options

There are two ways to book into a Beautiful Minds retreat:

Option 1: Pay in full

Option 2: Set up a payment plan and we can allow for a 3 month period to pay off the retreat. This is an additional \$300 to set up. When we set you up with a payment plan, payments must be made on time. A 10% late payment fee is added for every week your payments are not made.

How our payment plans work:

Payment plans are between 2 - 3 months in length depending on how far out you book your retreat. Retreats must be paid for in full 6 weeks before the retreat date. This is so our team can pay the venue, catering and travel costs before the retreat.

How we set up a payment plan:

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 \$300 finance fee to set up your payments. We are basing the example below off the glamping accommodation.

Month 2: part balance

Month 3: final balance

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 a copy of your bank transfer remittance screenshot so we can allocate it against your booking and name.

FAQ's

Are your retreats covered by NDIS?

Yes, they are. Funding is available under both core and capacity building. Beautiful Minds would raise a suitable invoice for NDIS that you can either pass onto your plan manager or file away if you are self managed. It is always best to chat to our retreat team about your plan so we can tailor a suitable invoice for your family. You can call us on 1800 264 637. NDIS invoices must be paid for in full before the retreat.

I have two daughters. Can they both attend the retreat with me?

Absolutely! We often host mums and their girls and we love this because it means all 3 of you get to benefit from our tools, support and the experience. The only time we do not suggest bringing both daughters is if there is one child that really needs a more one on one experience with her mum.

My daughter is a few months younger (or older than your age range of 8 - 14). Can she still attend?

Yes she can. As her mum, you know if she would benefit from the connection, confidence, self worth, wellbeing tools, friendship and body image sessions plus all the other activities at the retreat. Our retreats are creative, colourful and dynamic.

What food is served at your retreats?

We know a healthy diet is essential for good health, sleep and mental clarity. Our retreat meals are kid friendly but very healthy with lots of veggies, salads and fruit. We can accommodate any food allergies you have.

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

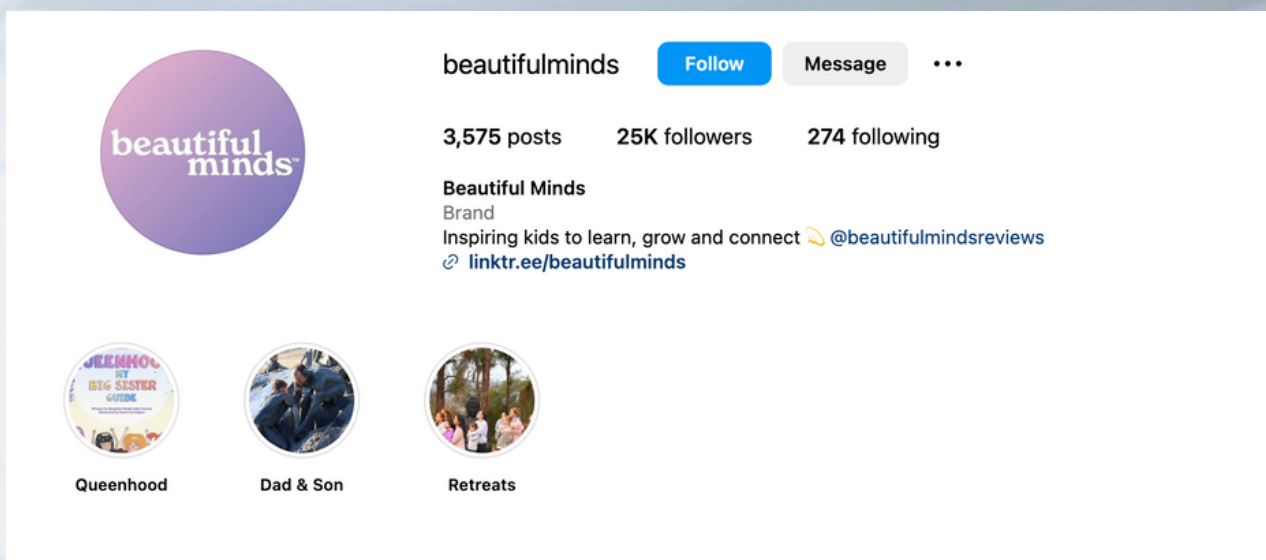


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"I cried happy tears at least 5 times on this retreat"

Guest feedback



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



1800 264 637



care@beautifulminds.com.au

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Know before you go

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



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
-
-
-
-
-
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