

Multi-night Retreats



Connect with yourself

The essence of a multi night Retreat is connection, rest and finding self-trust. Releasing the powerful message that has been ingrained in our culture of constant self-improvement, the Sista Trio Retreats mission is for you to embody the message that YOU - you wonderful human being, are enough.

Just because you are retreating, learning, practicing mindfulness and all that cool (but sometimes serious) stuff doesn't mean you can't have a bit of fun! So pack your pj's, toothbrush, a book, and some coffee if ya need it, and come join Sista Trio Retreats for a super nourishing time in beautiful, jaw dropping surroundings.

Comfortable, peaceful accommodation

Choose from a range of private or shared accommodation at incredible venues. The accommodation is a mixture of either luxury purpose built retreat centres to rustic and funky, with different pricing tiers on offer depending on room type.

The location of the multi night Retreat venues are quiet and peaceful, with stunning views so you can enjoy beautiful sunsets (and sunrises, if you're game).

There's a hot tub in most locations - the very definition of pamper you-time!

Each multi night Retreat is held in a primo location. Sista Trio Retreats put a lot of time and energy into finding the right place for you.



Plant-Based Food

All of the food on offer is healthy, vegetarian, and amazingly delectable. Sista Trio Retreats star caterers are incredibly skilled at bringing together high quality, wholesome plant-based ingredients that will nourish your body and soul.

Workshops and Conversations

A multi night retreat includes workshops and **Conversations with Coryn**, these are a practical, naturopathic approach on self-care. The workshops and conversations will answer your long-held questions about what you “think” you “should” be doing, and myth bust some commonly held misconceptions about health and wellness.

These sessions will arm you with helpful practices that you can use in real life, long after the retreat is over, developing habits and rituals that benefit your body and mind.

Gentle Yoga, Movement and Meditation

Each day will begin with some gentle sunrise yoga. Jen will weave in some mindful movement and breath work to the retreat and two hour restorative yoga sessions are also incorporated. What a treat!

You'll find Jens guided, restorative meditations to be an incredibly resting experience. Jen's teaching and passion is in Yoga Nidra - a 30 minute session is equivalent to three to four hours of deep sleep, so you can bet you'll feel rested and energised after these sessions.

Massage

All retreats offer the option of adding in an hours massage. These massages are provided by local massage therapists and are available to you on site. These are an additional cost.

An inclusive, non-judgmental space

The Sistas strongly believe that ALL bodies and souls are worthy. They are passionate about creating a brave space that is non-judgmental, inclusive, friendly and full of love. So, no matter where you are at physically, mentally or emotionally, how much experience you have - YOU are welcome. If you own a pair of fancy yoga pants rock them out, but if you don't, come in ya daggy track pants!

Oh and Guaranteed laughs, and chocolate! Always chocolate.