



Inner Insight
meditation & retreats

TORQUAY - VICTORIA

SUMMER
RETREAT

FEB 28TH - MAR 2ND 2025

ABOUT



Located in the beautiful coastal town of Torquay on Victoria's iconic Surf Coast, gateway to the Great Ocean Road. Summer House is a beautiful haven intentionally designed to foster healing and bespoke restorative retreat experiences.

With luxurious lodgings set on half an acre of soulful private gardens complete with a yoga studio, magnesium plunge pool, and fire pit, Summer House offers ample space to reset, recover, rest and retreat.



This retreat has been carefully curated to nurture your body, mind and soul, through delicious plant-based meals cooked onsite by a private chef, healing mind/body practices and time spent in nature to fill up your inner resources.



This retreat will cater for 8 guests. Join us for a truly unforgettable weekend with an intimate group of like-minded people.

Your hosts

Amanda resides in New Zealand and is the owner of House of Pilates & Inner Insight with over a decade of teaching experience. Certified in traditional pilates, she is also a teacher of Awareness Insight meditation and is passionate about the deeply profound effects on the mind and body through this ancient practice.

Her further studies in Yin Yoga, the Poly Vagal theory & Breath work have expanded her work in healing & balancing the nervous system.

Amanda loves bringing people together and facilitating enriching experience for others as well as sharing her love of the great outdoors, travel and nature.



Amanda
Sutherland

Stacey Star



Stacey who originally hails from Canada now calls Melbourne home where she lives with her partner, two children, and their Labrador.

She is a yoga practitioner and trainer, reiki practitioner, has trained in kinesiology and various other energy modalities, has a regular meditation practice and interest in breath work.

She gives energy to many different and deserving causes and with a driving sense of social justice, she also works in the public sector in Australia focussed on improving social and health equity.

RETREAT SCHEDULE

FRIDAY - 28TH

- 2.00 pm - Arrival and settling in
- 3.00pm - Group gathering and welcome
- 4.30 pm - Pilates/Yin stretch and grounding practice
- 6.00 pm - Dinner
- 7.30 pm - Outdoor fire & tea
- 8.30 pm - Yoga nidra for sleep

SATURDAY - 1ST

- 7.30 am - Pilates wake up
- 8.30 am - Breakfast
- 10.00 am - Nature hike
- 1pm - Lunch
- 2.00 pm - Pool & relaxation/Optional Massage
- 5.00pm - Fireside gathering and refreshments
- 6.00 pm - Dinner
- 8.00 pm - Yin Yoga for sleep

SUNDAY - 2ND

- 6.00 am - Sunrise beach walk & optional swim.
- 8.00 am - Breakfast
- 10.00am - Vinyasa Yoga & Breath-work
- 12.00 pm - Lunch
- 2.00 pm - Workshop & Fireside closing ceremony
- 4.30 pm -Departure



TWIN SHARE

\$1,395.00 AUD PER PERSON -
EARLY BIRD PRICE

\$1,495.00 AUD PER PERSON
(1ST OF NOVEMBER ONWARDS.)

EXTRAS NOT INCLUDED

- Transport to retreat.
- Massage (optional).



EXPERIENCE

- 6 classes with a mix of classical Pilates, Yin/Vinyasa Yoga, Breathwork & Meditation for all levels.
- 2 Nights in twin share accommodation with king single beds.
- Delicious nutritional meals prepared by a private chef.
- Fireside tea & cacao.
- Magnesium Pool
- Nature Hike & sunrise ocean swim.



To confirm your space a deposit of \$600 is required, please email amanda@innerinsight.co for a booking form and T&C's.

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