



WELL & GOOD
AT THE MILL BOWRAL WITH
**SAMARA
HEDGES**

Aerial/Acro Wellness Retreats



WELL & GOOD

AT THE MILL BOWRAL WITH SAMARA HEDGES.

Has the pull of the earth been bringing you down this winter? Than it is time to book in for the ultimate detox of body & mind at THE MILL BOWRAL. We are teaming up with Samara Hedges and our vendors at The Mill, Bowral to create aerial yoga, meditation & superfood retreats. For a next-level wind down that will help purify and kickstart your spring body for ultimate Spring/Summer fun - BOOK NOW or Head to:

www.bodyclassique.com or
www.themillbowral.com.au

**'The funny thing about being
in the air is that afterward,
you just may feel a little more
grounded'**

About Samara Lee Hedges:

Samara Lee Hedges is a movement expert across a wide variety of modalities. She teaches yoga, dance, aerial arts, partner acrobatics, fitness and is also the creator of WHEELFLOW® Yoga.

Samara has a background in nutrition and natural therapies which she integrates into holistic workshops and retreats designed to benefit both body and mind through movement, meditation and mindful health practices. Samara delivers health and fitness workshops all over Sydney and also runs regular classes at her studio Body Classique Health, Fitness and Dance Centre. Her mission in life is to share her knowledge and passion for healthy living with the wider community and to enrich the lives of others through integrative education.

About Well & Good at The Mill Bowral:

Behind the humble facade of our re-invented Timber Mill lies a pandoras box of local food concepts, fashion and botanical experiences.

We want our space to be a place for people to gather, grow and thrive together. Part of our journey will involve collaborating with inspiring health and wellness practitioners who will develop and bring new experiences to the community of the Southern Highlands and beyond...come and play with us...

To book, go to: www.bodyclassique.com



1. BREATHE

(For the aromatherapy lover):

- * Aromatique Indigenous Tea Blend
- * 1hr Aerial Yoga Class
- * Healthy Brunch
- * 1.5hr Aromatherapy Workshop: DIY Natural Perfumes and Reed Diffusers
- * 1hr AromoFlow Yin Yoga (my signature aromatherapy restorative yoga class)
- * Finale Feast

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\$210.00 per person
9am - 2pm
October 8th
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2. NOURISH

(For the nature lovers)

- * Super Juice on arrival
- * 1hr Aerial Yoga Class
- * Healthy Brunch
- * 1.5hr Healthy Chocolate Workshop w/ Ms Peacock Handmade Chocolates with a focus on Dark Chocolate, Coconut Oil, Seeds and Grains.
- * 1hr Guided Meditation
- * Finale Feast

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\$225.00 Per Person
9am-230pm
October 22nd
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3. CONNECT

(For partners/besties):

- * Tea Ceremony on arrival
- * 1hr Aerial Yoga Class
- * Healthy Brunch
- * 2.5hr Creating Connections Workshop: Partner Yoga & Thai massage,
- * Finale Feast

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\$180 Per Person
10am -2pm
November 19th
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4. FLOW & GLOW

(for the yoga fanatic):

- * Meet your detoxifying heroes: charcoal and a citrus and sugarcane superfruit blend. Charcoal does the dirty work of deep cleaning your pores topically, while internally cleansing your system of toxins. The citrus and sugarcane blend provides a natural AHA exfoliation, leaving you with a clearer, smoother complexion.
- * 1hr Aerial Yoga Class
- * Healthy brunch
- * 1hr WHEELFLOW® Wheel Yoga class (my trademarked wheel yoga program)
- * 1.5hr Yin Yang Yoga class (combo of vinyasa yoga, restorative yoga and meditation)
- * Finale Feast

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\$200.00 per person
9am-2:30pm
December 9th
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Retreats at The Mill: Aerial/Acro Fitness Disclaimer

Thank you for joining Samara Hedges and The Mill, Bowral for this fabulous aerial/acro yoga retreat! These styles of fitness are a unique and fun way to get fit whilst building strength, balance, trust, decompressing the spine and helping to align for body correctly. Samara is certified in Christopher Harrison's Antigravity Fitness program and Yogabeyond's ACROVINYASA program. The apparatus' in use are authentic Aerial Essentials and Harrison Antigravity Hammocks designed to safely support loads of over 200kgs, making them extremely safe and sturdy for all our exercises.

When starting out, it is normal to feel a little dizzy during and after inversions, at these times it is perfectly fine for you to rest in a relaxation pose until you feel comfortable to continue. As you begin to learn new breathing techniques and spend some time in your inverted positions, your body will become used to the sensation and start to enjoy these decompressing poses.

As with any form of exercise, it is recommended that you receive clearance from your doctor, before inverting, if you align with any of the following contraindications:

- You are pregnant/recently gave birth
- You suffer from glaucoma
- You have an existing heart condition or irregularity
- You have recently undergone surgery

If you suffer from any other chronic injuries, are currently injured or recovering from a recent illness or injury or are prone to fainting and vertigo, we encourage you to monitor your body's resistance to each exercise and take appropriate resting poses as necessary.

For your own safety please ensure to follow all training instructions and ACROVINYASA & Antigravity recommendations provided by the trainer. Samara Hedges and the staff at The Mill, Bowral will not be held accountable for any injuries that occur as a result of misuse of equipment or failure to obtain clearance for existing medical issues and injuries.

- Please indicate your response to the following statements by circling yes or no:
- I am currently pregnant or recently had a baby YES/NO
- I suffer from glaucoma YES/NO
- I have an existing heart condition or abnormality YES/NO
- I have recently undergone surgery YES/NO
- I suffer from osteoporosis/arthritis/disc herniation/hiatal hernia YES/NO
- I suffer from abnormal blood pressure YES/NO
- I suffer from vertigo, sinusitis, light headedness or fainting YES/NO
- I am currently injured or recovering from an injury YES/NO

By signing this disclaimer, I hereby agree that I am willing to participate in the Antigravity/Acrovinyasa Fitness program and acknowledge that Samara Hedges and the staff at The Mill, Bowral are exempt of any responsibility for any illness or injury that may occur.

Name:..... Date:

Signature:

Terms and Conditions of Retreats at The Mill, Bowral

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I, (name), agree to adhere to Retreat Policies and Procedures and to pay all costs as they fall due and I understand that failure to do so, may result in the cancellation of attendance. Any unpaid, outstanding fees will be recovered through a Debt Collection Service, which may incur further administration charges. Retreats must be paid for in advance whether attended or not.

Should I need to cancel my retreat booking I agree to give a minimum 7 days notice prior to the scheduled retreat date. I understand that failure to give adequate notice of cancellations will result in loss of payment.

I understand that under no circumstances do unclaimed bookings carry over past their validity date. Refunds will not be issued for bookings that are not attended. Refunds will not be issued during or after the retreats due to illness, misadventure or dissatisfaction with the event.

I understand that attendees are required to wear appropriate fitness attire to all movement workshops and will not be permitted to participate in attire that is deemed offensive or inappropriate; this includes jewellery, zippers, sequins and velcro on the aerial hammocks as well as hair dyes and excessive make-up that leave stains on equipment. I understand that I am liable for any damages caused to equipment due to failure to comply with this policy. Samara Hedges and the team at The Mill, Bowral will not be held liable for injuries caused by poor choice of attire or accessories.

I agree that all workshop equipment is to be used under the guidance and supervision of an instructor. Samara Hedges and the team at The Mill, Bowral will not be liable for any injuries incurred through unsupervised practice. I understand I am liable for any damage caused to the venue or equipment resulting from improper or unsupervised activity.

I agree to adhere to the Privacy Protection and Copyright Policy and understand due to Privacy and Copyright Laws it is illegal to film, photograph and publish (including social media such as Facebook, Twitter and Instagram) photos or video footage of other clients without their prior consent or the consent of an underage client's legal guardian. Personal video filming workshops is not allowed at any time, due to Privacy Protection and Copyright Laws. I understand that offenders may be prosecuted and fined up to \$10,000 per offence.

I authorise Samara Hedges and the team at The Mill, Bowral to take and use any photographs or video of myself, child or children, in any publication, production or presentation, including electronic/internet marketing material for the purpose of promoting these retreats in a positive manner. Images may be used for, but not limited to, social networking forums, web listings, websites etc. I understand that my consent may be withdrawn in writing at any time by emailing Samara Hedges and the team at The Mill, Bowral.

I understand it is my responsibility to inform Samara Hedges and the team at The Mill, Bowral of any life threatening allergies, pre-existing medical conditions/illnesses, contagious illnesses or injuries.

I understand that the consumption of alcohol or smoking is strictly prohibited within the retreat workshop premises. I understand that all personal property brought into the premises is at the owners risk and Samara Hedges and the team at The Mill, Bowral will not be held liable for any loss or damage of said property.

All retreat workshop content is the property of Samara Hedges and not to be taught, performed, filmed or shown to anyone for any reason without the approval of the Samara Hedges. Misuse of Samara Hedges workout routines and workshop materials falls under the laws of copyright.

I understand that all information provided to Samara Hedges and the team at The Mill, Bowral regarding myself, child or children, will be protected and not shared with a third party unless required by law.

Print name:.....

Signature: Date:

All will be
WELL & **GOOD**
Thank you.

www.themillbowral.com.au
www.bodyclassique.com