



## 3-Day Package ex Adelaide

### Friday

#### Travel to the Island

- Early morning departure on Sealink Coach from Adelaide to Cape Jervis.
- Hop onto the ferry to Kangaroo Island.
- In Penneshaw, pick up the shuttle to Kingscote.

#### Mid-morning

- Arrival at the KI Dragonfly, settle in, get to know the Dragonfly and have a short mooch around Kingscote.
- Official welcome & introduction to the She Emerges program.

#### Afternoon

- Making and sharing lunch together.
- Workshop II.
- Wharf walk (weather permitting)

#### Late afternoon/early evening

- Dinner prep.
- Movie
- Journaling & meditation.

### Saturday

#### Morning

- Early rise and morning meditation and routine
- Participate in the official Kangaroo Island parkrun and join others for breakfast at Cactus Café afterwards
- Workshop III

#### Afternoon

- Making and sharing lunch together.
- Workshop IV

#### Late afternoon/early evening

- Dinner prep.
- Karaoke
- Journaling & meditation.

### Sunday

#### Morning & Afternoon

- Early rise and morning meditation
- Cold Plunge & Sauna
- Lunch at the Dragonfly catered by Lucy's KI Kitchen
- Pack bags
- AromaZen Sound Healing by Simply Bea at the Lions' Hall

#### Late afternoon/early evening

- Wrap up session.
- Shuttle pick up from KI Dragonfly to meet ferry in Penneshaw. Catch Sealink Coach to Adelaide (arriving approx. 10:30 pm)

The KI Dragonfly currently has 4 bedrooms.

- Three rooms have queen size beds.
- One room has two singles.

The price is for each guest, regardless of which bedroom you select, with one person per room.

- *If you wish to share a room with a friend, you can enjoy a saving of \$50 pp. This offer is separate to the group discount outlined below and is not applied in addition to them.*
- *If you are keen to share this experience with a group of friends, please deduct \$50 pp for a group of 4-5, \$75pp for a group of 6-7, and \$100pp for a group of 8 from the advertised price.*

# \$1220 pp

Price is valid to 31 December 2026