



# 5-Day Package Deal

## **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 and routine
- Cold Plunge & Sauna
- Lunch at the Dragonfly catered by Lucy's KI Kitchen
- AromaZen Sound Healing by Simply Bea at the Lions' Hall

### Late afternoon/early evening

- Reflection time
- Dinner prep.
- Short video
- Journaling & meditation.

## **MONDAY**

### Morning

- Early rise and morning meditation and routine
- Tidal Pool\* & sauna  
\* or coastal walk if not a confident swimmer
- Workshop V

### Afternoon

- Making and sharing lunch together.
- 1:1 mapping session with Susi
- Reflection time

### Late afternoon/early evening

- Dinner prep.
- Board games
- Journaling & meditation.

## **TUESDAY**

### Morning

- Early rise and morning meditation and routine
- Tidal Pool\* & sauna  
\* or coastal walk
- Mindful Movement with Lesley Gray Wellness
- Workshop VI

### Afternoon

- Making and sharing lunch together.
- Pack bags.

### Late afternoon/early evening

- Pack bags.
- 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 program is subject to change at the discretion of the host.

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*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 the group discount.*
- *If you are keen to share this experience with a group of friends, please deduct \$100 pp for a group of 4-5, \$150pp for a group of 6-7, and \$220pp for a group of 8 from the advertised price.*
- *Pricing ex ADL includes the coach, ferry & shuttle transfers.*
- *Pricing ex KGC assumes you are already on the island and will make your own way to the KI Dragonfly. Please arrive at 11am.*

**ex ADL \$2200pp**

**ex KGC \$1940pp**

Prices valid to 31 December 2026