



## 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 and routine
- “Self-Care Sunday” (join locals!)
  - 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

- Pack bags.
- Wrap up.
- 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.

Ideally there is one person per room.

*If you wish to share a room with a friend, please note that there is no discount on the overall price, as the costing is not determined by the sleeping arrangements, but by the activities.*

**\$1159.00 pp**

*Price is valid to 31 December 2025*