

Don't allow your hopes and dreams to lay dormant, smothered by the demands of others!



5-Day Package ex Adelaide

Friday

- See the 3-Day package

Saturday

- See the 3-Day package

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

- 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.
- 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.

\$1939.00 pp

Price is valid to 31 December 2025