

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



5-Day Package ex Adelaide

Friday

- Please refer to the 3-Day package

Saturday

- Please refer to the 3-Day package

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 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.*

\$220pp

Price is valid to 31 December 2026