



STILLNESS *and* STRENGTH RETREAT

Elysia Wellness Retreat – Hunter Valley
3 Nights, 15 – 18 May 2026

Escape the noise. Return to your centre.

Join Penny Spencer and Sharon Breslin for a powerful long weekend where luxury meets transformation, and strategy meets soul.

Nestled in the rolling hills of the NSW Hunter Valley, Elysia Wellness Retreat is one of Australia's leading wellness sanctuaries, a place to recharge your energy, calm your mind, and come home to yourself.

Over three nights/four days you'll experience exclusive workshops, daily wellness classes, nourishing food, spacious surroundings, and meaningful conversations.

\$1,999

per person, twin share, fully inclusive

(2 Bedroom villa with 2 bathrooms) One bedroom or three-bedroom villas on request.
Limited spots available.

Why Join Us? Because this isn't off-the-shelf wellness.

This is curated clarity, led by two women who live and breathe it:



PENNY SPENCER

One of Australia's most respected travel entrepreneurs and the powerhouse behind Spencer Travel. Author of *Love What You Do* and *Never Work a Day in Your Life*, she's known for mentoring, trend-spotting and creating travel with heart. At the Strength and Stillness Retreat, she'll share her insights on building a business that nourishes your soul, energising your team, and finding purpose in your work. Expect connection, clarity and some well-earned wisdom.



SHARON BRESLIN

Wellness Ambassador for Spencer Travel Wellness and author of *Magical Travels*, Sharon brings decades of travel expertise, plus wisdom as a Feng Shui Master Teacher and Shamanic Energy Healer. Her soulful sessions offer calming rituals and intuitive tools to reconnect you with your inner peace. She's looking forward to guiding you to stillness, presence and a little magic.



The Power of Time Out

DAILY GROUP WORKSHOPS HOSTED BY SPENCER TRAVEL WELLNESS:

With Penny:

- Wellpreneurship: Building a Business That Feeds Your Soul
- Love What You Do & Never Work a Day in Your Life
- How Does your Team Mirror Your Energy?

With Sharon:

- The Power of Place: Feng Shui Principals for Work & Life
- Stress Management with your Spiritual Toolkit
- Owning Your Power: Reclaiming Your Energy

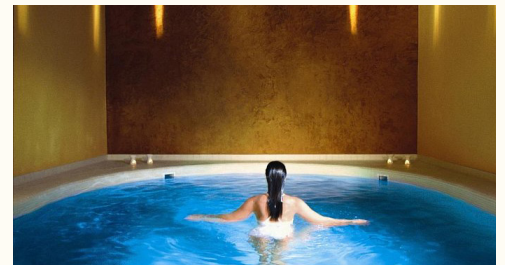
INCLUSIONS:

- ⇒ All meals included (communal with other wellness guests)
Breakfast, Morning and Afternoon Tea, Lunch and Dinner
- ⇒ Access to Elysia's incredible facilities: • Heated 25m indoor lap pool • Outdoor exercise pool • Floodlit tennis courts
• Spa, steam room • Gym and relaxation lounges
- ⇒ Full wellness activity schedule from 6.30 am – 5.00 pm
- ⇒ Three nights in a shared 2 Bedroom Villa –
with your own room and bathroom



This retreat is for those who are ready to reflect, reconnect, and recalibrate, in community, in luxury, in peace.

Come solo. Bring your co-founder. Invite your wellness-minded bestie. Whatever you choose, you'll leave lighter, stronger, and more aligned.



Book your wellness retreat now: wellness@spencertravel.com.au
or call Nicolle Whitaker, Wellness Consultant on **0434 492 366**