



ISLAND
ALIVE

\$275

PER PERSON
(6 PERSON MAX)

ARRIVE ~ COME ALIVE 24 HOUR WELLNESS RETREAT



WIM HOF METHOD
CERTIFIED INSTRUCTOR

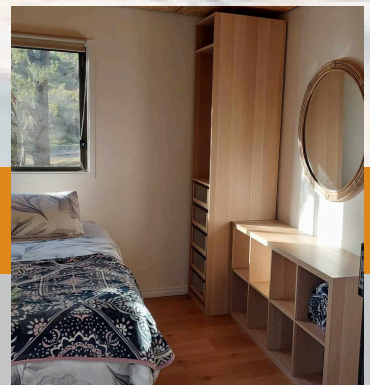
Grounding Forest Walks Awakening Ice Baths Reconnecting Meditation Activation Breathwork Rewilding



Step into nature & land within yourself. Be guided by Wim Hof Method instructor Amy Pysden through various modalities that unlock the innate power within. **Reawaken the senses as they become attuned to the forest.** Walk barefoot on the moss. **Learn how to breathe for activation & energy, as well as for regulating your stress response.** Use the breath to overcome the challenge of the ice bath. **Take these tools and apply them to your everyday life!** Cook a hearty meal and make memories around a roaring campfire, star gaze, relax in the hammocks, nature walk, detoxify in the steam sauna overlooking the forest. **Be still. Breathe deep.** Reset your mind and body, find clarity and increase body awareness. **Then explore and adventure on Kangaroo Island with a deep sense of connection to nature, to yourself, & to one another.**

Package Includes: Accommodation (twin share) - All meals - Ice bath - Breathwork - Forest bathing - Meditation - Nature walks - Steam sauna - Ferry transfers

For more information Contact Amy P: 0403 624 807 E: islandaliveki@gmail.com



Add this experience to the KI Dragonfly Guesthouse retreat package for the ultimate beginning to your journey!