

ultimate

GIRLS WEEK AWAY

SATURDAY 2ND SEPTEMBER, 2023

10.00am - 3.30pm

Registration welcomes and room check in at Crystalbrook Riley, Cairns

3.30pm

Gather on the front deck at the Paper Crane Restaurant

4.00pm - 6.00pm

Cultural Welcome to Country with Indigenous local elder Professor Henrietta Marrie AM
Wunju Bayal (Smoking Ceremony) by women from Minjil Aboriginal Cultural Centre
Welcome and official Launch of the Ultimate Girls Week Away 2023 with Liesel Albrecht
(creator and CEO)
Meet the team who will guide you through the week

6.00pm - 8.00pm

Official launch party on The Deck at the Paper Crane Restaurant
Celebration soiree with food, drinks and music

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SUNDAY 3RD SEPTEMBER, 2023

6.30am - 7.30am

Early morning sessions (choose from the following: mindfulness, yoga, walking/fitness, mantra chanting)

7.00am - 8.30am

Breakfast at Paper Crane Restaurant

9.00am - 11.00am

A **Women's Ways Circle** with **MeTreat Retreats** extraordinaries Vikki Friedman and Tanya Levy

11.00am - 11.30am

Morning tea - time for a really quick break to eat, breathe, and maybe a quick dip in the pool

11.45am - 1.00pm

Wisdom Keeper **Samala Thakiale Cronin** presents ***Walking in Two Worlds***

1.00pm - 2.00pm

Lunch at Paper Crane Restaurant

2.00pm - 3.30pm

Workshop One - Choose from the following:

Linda Willow Roberts *How to Become a Magical Manifesting Magnet*

Christine Farnham *Clearing Limiting Beliefs*

Jennie Linton *Authentic Self Love*

3.30pm - 4.30pm

Ultimate Sister Circles with afternoon tea

5.00pm - 5.45pm

Afternoon sessions (choose from the following: yoga, walking, meditation, fitness, or relax at the pool)

6.00pm - 8.00pm

Dinner - Venue to be confirmed

6.00pm - 8.00pm

VIP Dinner with Keynote Speakers and Wisdom Keepers

Venue TBC

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GIRLS WEEK AWAY

MONDAY 4TH SEPTEMBER, 2023

6.30am - 7.30am

Early morning sessions (choose from the following: mindfulness, yoga, walking/fitness, mantra chanting)

7.00am - 8.30am

Breakfast at Paper Crane Restaurant

9.00am - 11.15am

Wisdom Keeper **Alana Fairchild** presents ***Explore and Express the Divine Feminine Within You***

11.15am - 11.30am

Morning tea - time for a really quick break to eat, breathe, and maybe even a quick dip in the pool

11.45am - 1.00pm

Workshop Two - Choose from the following:

Marina Garbuio	<i>How to be true to yourself through a sea of manipulation</i>
Kate Chapman	<i>A Woman's Way to Better Days: Playdate with Kate!</i>
Tanya Levy	<i>Perfect Stress</i>

1.00pm - 2.00pm

Lunch at Paper Crane Restaurant

2.00pm - 3.30pm

Workshop Three - Choose from the following:

Maggie Sarfo	<i>Self Transformation through Innate Wisdom</i>
Tracey Minster	<i>Inspired by Nature: An Introduction to Botanical Gel Plate Printing</i>
Kerryn Slater	<i>Sacred Self Activation</i>

4.00pm - 5.00pm Sister Circles

5.00pm - 5.45pm

Afternoon sessions (choose from the following: yoga, walking, meditation, fitness, or relax at the pool)

6.00pm

Free choice for dinner - explore the restaurants in Cairns

7.30pm OPEN MIC NiGHT

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GIRLS WEEK AWAY

TUESDAY 5TH SEPTEMBER, 2023

6.30am - 7.30am

Early morning sessions (choose from the following: mindfulness, yoga, walking/fitness, mantra chanting)

7.00am - 8.30am

Breakfast at Paper Crane Restaurant

9.00am - 11.00am

Wisdom Keeper **Amy Loughren - The Good Nurse** presents **Recognising and Utilising Your Quantum Timeline**

11.00am - 11.30am

Morning tea - time for a really quick break to eat, breathe, and maybe even a quick dip in the pool

11.45am - 1.00pm

Workshop Four - Choose from the following:

Jo Johnson	<i>Memories to Memoirs Writing</i>
Amanda Freeman	<i>The Myth of the Perfect Woman</i>
Maggie Sarfo	<i>Self Transformation Through Innate Wisdom</i>

1.00pm - 2.00pm

Lunch at Paper Crane Restaurant

2.00pm - 3.30pm

Workshop 5 - Choose from the Following:

Irina Castellano	<i>Women's Ways of dealing with trauma in child development</i>
Jessica Ritchie	<i>Make Your Mark</i>
Kate Chapman	<i>From Creativity to Cash</i>

5.00pm - 5.45pm

Afternoon yoga meditation walking sessions or relax by the pool

6.00pm - 8.00pm

Dinner is on us! Stay tuned for where we are headed.

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WEDNESDAY 6TH SEPTEMBER, 2023

Adventure Day

6.30am - 7.30am

Early morning sessions (choose from the following: mindfulness, yoga, walking/fitness, mantra chanting)

7.00am - 8.30am

Breakfast at Paper Crane restaurant

9.00am - 11.00am

Today is Adventure Day, where we get to head out and explore beautiful Far North Queensland.

Jump over to our Adventure Day Options:

- Daintree Forest and Wildlife Habitat Tour
- Dreamtime Snorkelling Tour on the Barrier Reef Indigenous guides
- Frankland Island Tour a day snorkeling off a tropical island
- Kuranda Train and Skyrail
- Tablelands Food and Wine Tour with Liesel and Chloe

6.00pm - 7.30pm

Free Choice for Dinner - Explore the Restaurants in Cairns or eat at the Hotel

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THURSDAY 7TH SEPTEMBER, 2023

6.30am - 7.30am

Early morning sessions (choose from the following: mindfulness, yoga, walking/fitness, mantra chanting)

7.00am - 8.30am

Breakfast at Paper Crane Restaurant

9.00am - 10.00am

Welcome to the day

10.15 - 11.15am

Bridget Allan (Death. Doula) Your Legacy an interactive workshop

11.30am - 11.45am

Morning tea - time for a really quick break to eat, breathe, and maybe even a quick dip in the pool

11.45am - 1.00pm

Workshop 7

Jo Johnson	<i>Memories to Memoirs</i>
Marina Garbuio	<i>How to be true to yourself through a sea of manipulation</i>
Christine Farnham	<i>Clearing Limiting Beliefs</i>

1.00pm - 1.45pm

Lunch at Paper Crane Restaurant

1.45pm - 3.00pm

Workshop 6

Kerryn Slater	<i>Sacred Self Activation</i>
Jessica Ritchie	<i>Make your Mark</i>
Tracey Minster	<i>Inspired by Nature: An Introduction to Botanical Gel Plate Printing</i>

4.30pm

It's UGWA Market Time. We will have table stalls with all kinds of wares and services from participants, facilitators and local women. Bring things to sell and money to shop with.

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FRIDAY 8TH SEPTEMBER, 2023

So Brave Day

SO BRAVE

6.30am - 7.30am

Early morning sessions (choose from the following: mindfulness, yoga, walking/fitness, dance mantra chanting)

7.00am - 8.30am

Breakfast at Paper Crane Restaurant

9.00am - 11.00am

Bronwyn Roberts Emotional Intelligence

11.00am - 11.30am Morning tea

Morning tea - time for a really quick break to eat, breathe, and maybe even a quick dip in the pool

11.30am - 12.30pm

Liesel Albrecht - Living Your Dream Life

12.30pm - 2.00pm

Lunch at Paper Crane Restaurant

2.00pm - 3.00pm

Ultimate Sister Circles

3.00pm - 3.30pm

Afternoon Tea

4.00pm - 5.30pm

Ultimate Girls Week Away Closing Ceremony and Circle

7.00pm - 9.00pm

Time to celebrate the week with one final soiree venue tba

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GIRLS WEEK AWAY

SATURDAY 9TH SEPTEMBER, 2023

7.00am - 9.00am

Breakfast at Paper Crane Restaurant

Time to say goodbye, a week of memories, laughter, new friendships, growth, wisdom, inspiration and so much more... see you in 2024!