

For Immediate Release
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Retreat to Paradise for the Ultimate Escape

The Whitsundays is the Heart of many things and now it can claim to be good for your heart with the launch of Reborn Escapes wellness, fitness and adventure retreats. Run by local business owners, Kimberly Bodha and James Henry, the retreat brings fitness and holistic healing sessions together with bucket list Whitsundays experiences; Whitehaven Beach and Hill Inlet, jetskiing and a party onboard a Superyacht.

The first retreat was held on the 20th – 25th October with 14 attendees working on themselves and enjoying plenty of play. Participants conquered their fitness with daily HIIT sessions run by Metafit Australasia Director, Dan Scanlon and a steep climb on the Honeyeater track where they participated in a cacao ceremony. Working on their holistic wellness, Empowering Women Project ran daily holistic healing sessions covering mediation, breathwork and mindfulness. To balance this out, attendees spent time on the water enjoying an Ocean Rafting adventure tour to Whitehaven Beach and Hill Inlet, a Whitsunday Jetski Tour of the Airlie Beach bays and the grand finale, a white party onboard superyacht Wine Down.

Co-Founder, James Henry said that the retreats were something that made sense to have in The Whitsundays with so many people coming to see the reef or Whitehaven Beach and then travelling elsewhere to work on themselves at retreats.

“People are constantly looking for retreats with a balance of work and fun in a great location, we’ve worked hard to develop a program that delivers on that need. We’re so proud of the attendees from our first retreat, we saw many tears of joy, connection across generations and lifelong friendships forged,” Mr Henry added.

“When you come to our retreat, we’re onsite with you every day and night, we offer a very hands-on service. We’re not a big company offering another product, this is all we do and we’re proud to help our guests on their journey,” said co-founder Kimberly Bodha.

“We’ve had a diverse group in our first retreat including a construction manager, schoolteacher, social media influencers, and business owners. The pretence of society fell away and neither job titles nor age got in the way of their progress and friendships, it was really beautiful to watch,” Ms Bodha added.

Tourism Whitsundays Chief Executive Officer, Rick Hamilton said that Reborn Escapes was a welcome addition to the many reasons to visit The Whitsundays.

“We have people travel here for holidays, work and to visit family and friends and now they can travel here to retreat from the stressors of their lives and enjoy some of the best parts of The Whitsundays while they’re here.

“With record-breaking visitation this year it is fantastic to see operators continuing to think outside the box and offer experiences that will attract people to The Whitsundays rather than see them head offshore for a similar experience’ Mr Hamilton said.

Reborn Escapes offer 5-day retreats in The Whitsundays with accommodation at 5-star Mirage Whitsundays in luxury ocean-view villas. All-inclusive of activities, catering and accommodation, prices start from only \$4,500 per person. Dates for 2023 have been released with the next retreat scheduled for 20th – 25th January followed by retreats in February, April and June.

To escape the stressors of life, reconnect with yourself and have great fun along the way visit rebornescapes.com to book your retreat for 2023 and save \$400 per person.

This release is in partnership with Reborn Escapes.

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THE HEART OF THE GREAT BARRIER REEF

About Reborn Escapes: Reborn Escapes is a unique and luxurious experience. It is quickly becoming one of *Australia's best retreats for health, wellness, adventure* – and yes, a little bit of luxury. Reborn Escapes create *balance. You'll spend your time indulging in luxurious living and decadent drinks, but there will also be adventures.* Reborn Escapes will get your heart racing with adrenalin-inducing Jet Ski rides and HIIT sessions that will leave you sweating. *When some 'down time' is in order Reborn Escapes also offers spa treatments, yoga, mindfulness and breath work, to bring back a balance between your body and mind.* We also offer a private *charter, this is where you'll be able to experience the Whitsundays to the fullest. You can swim with the turtles, bury your toes in the white sand, spot dolphins, dive into crystal clear water and snorkel through one of the seven wonders of the natural world; the Great Barrier Reef.*

About Tourism Whitsundays: Tourism Whitsundays (TW) is the organisation responsible for destination marketing and visitor attraction for the Whitsunday region. It is the lead agency recognised by Tourism and Events Queensland and the Whitsunday Regional Council to lead the promotion of the region as a tourism destination. Tourism Whitsundays markets all aspects of the region including the Great Barrier Reef, Whitsunday Islands and Coast, accommodation, boating and sailing, fishing, touring, recreational activities, adventure, dining, shopping, weddings and honeymoons, conferencing and business events.

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