

Harmony

by

Quantum
RETREATS



Expand | Invigorate | Reset

Hosted by Miriam Henke,
Health Psychologist

May 29 - June 1, 2025

Feel the world slow down and discover harmony. The tranquil surroundings, the thoughtfully prepared spaces, and the welcoming atmosphere invite you to exhale and simply be. Every detail of this retreat has been designed with your transformation in mind. Find yourself immersed in a blend of ancient wisdom and modern science, experiencing practices that reconnect you with your inner self, while providing tools to thrive in your busy everyday life.



Mind

Inspire and expand your mind with workshops to enhance knowledge and clarity, and practices that tap into the mind's incredible powers.



Body

Revitalise your body with gentle movement practices, nutritious meals, and relaxation techniques to release stresses and tension.



Spirit

Nourish your spirit with meditation, communing with nature, and embrace a refreshed perspective on health and life.





Our mission is to empower people to create a brighter future. A future of personal evolution, optimal health and sustainable wellbeing. To explore and expand human potential.

We accomplish this through providing world class programs and retreats that provide the tools and inspiration to help individuals and organisations take strategic action towards improving their health, wellbeing and ultimately their lives.

Our goal is to help people to level up their wellbeing through The Empowered Mind program.

We integrate evidence-based health psychology, with holistic complementary therapies, curated experiences, and guided self-reflection, to allow each individual to discover their own unique recipe for wellness. Additionally, we provide the strategies and resources to enable you to put your wellness plan into action and continue your transformation journey.

Meet Your Host



Miriam Henke
Founder, Quantum Retreats

Health Psychologist | Educator |
Entrepreneur | Stepmum | Visionary

Our Values

Empowered Wellbeing

Deliciously Nurturing

Safe Haven

Joyful Experiences

Inspired Action

Deep Connection



Hey there, I'm Miriam, and I want to take you on a journey - *my* journey - a story of transformation, resilience, and empowerment.

Years ago, I was on a path to becoming a psychologist. But fate had a different plan. In the midst of uncertainty, I faced a health battle that shook me to my core. It was a turning point, a moment of reckoning.

That's when I discovered something extraordinary and life changing. Life coaching, NLP, mind-body and complementary therapies opened up new worlds of possibility.

Fast forward to today, and here we are at Quantum Retreats, a place where transformation isn't just a buzzword, it's a way of life. We're not just about retreats; we're about providing you with the tools and inspiration to take charge of your own wellbeing.

I stand here today as living proof that the power to heal, live with purpose, and thrive resides within all of us.



About Harmony

Who is this retreat for?

This retreat is designed for anyone who is ready to:

- Escape the demands of daily life and reconnect with your true self.
- Learn simple and advanced wellness techniques.
- Reduce stress and create lasting resilience.
- Foster deeper mind-body-spirit connection and unlock untapped potential.
- Gain clarity, purpose, and inspiration to live a more fulfilling life.

This event is open to anyone 18+ years, all genders welcome, and is suitable for both first-timers and experienced retreaters.



Imagine a retreat where you can hit the reset button on your busy life. It's not just a getaway; it's a holistic experience that weaves together relaxation practices, mindful movement, inspiring workshops, soothing meditation, and delicious food all in a picturesque environment - your retreat oasis.

Picture yourself in luxury rediscovering your essence, releasing built up stress, and leaving with a renewed sense of peace, purpose and joy.

That's what this retreat is all about – an experiential journey to a more balanced and inspired you.

Our retreat starts on Thursday May 29th at 2pm, and concludes about 1pm on Sunday June 1st, 2025.



REGISTER NOW



What You'll Get

Rejuvenation in a Private Oasis

Escape the hustle and bustle of daily life and immerse yourself in a retreat that seamlessly integrates holistic practices with the beauty of nature. A beautiful place where history and modern convinces merge seamlessly.



A Variety of Experiences

GYROKINESIS
Meditation
Restorative Yoga
Sound Bath
Meditation
Hypnotherapy
Red Light Therapy
Breathwork
Creative Expression
Cold Plunge



A lasting learning experience

Become more empowered with your own health and wellness, or integrate your knowledge and skills into an existing health practice. Gain CPD points while you nurture yourself!



Reset with Clarity

Reset your mental space, relax your body, and reconnect with your spirit. Find new inspiration and direction for your health and wellness, allowing you to return home with a sense of peace and clarity.

Delicious and Nutritious Food

Immerse yourself in the flavors of high-quality, nutritionally balanced dishes, thoughtfully crafted with a blend of vibrant whole food, plant-based options and succulent slow-cooked meats, ensuring each bite is a delicious celebration of wellbeing.

Our caterers source local, quality wholefood ingredients, and provide you with scrumptious meals for your entire stay. We accomodate all dietary requirements. All your main meals, snacks, and drinks are included.



What You'll Get

What You'll Walk Away With

- Enhanced stress management and relaxation.
- A deeper understanding and application of wellness practices and technologies.
- Personalised self-care, self-healing, and stress management strategies to support holistic health and prevent burnout.
- Enhanced physical, mental, emotional and spiritual wellbeing through a deeper connection with self and others.
- A network of like-minded individuals and be a part of a supportive community for ongoing sharing, learning and growth.
- **BONUS!** CPD hours/certificate for health practitioners who attend the retreat.



How You'll Gain These Benefits

1. Expert-Led Workshops and Activities:

- Participate in guided sessions led by experts to learn and practice effective mind-body techniques grounded in evidence.

2. Hands-On Practical Sessions:

- Engage in interactive activities that allow you to apply and experience the benefits of mind-body practices firsthand.

3. Personalised Self-Care Plans:

- Receive tailored self-care strategies and routines designed to suit your individual needs and lifestyle.

4. Integrated Spiritual Practices:

- Explore and deepen your spiritual connection through meditation, mindfulness, and other holistic practices.

5. Community Building and Support:

- Connect with a supportive community of like-minded individuals, fostering lasting relationships and shared growth.

6. Before and After Care:

- Complete a detailed intake process to allow us to understand your unique needs and goals, and participate in follow-up sessions to reinforce the techniques learned and address any challenges.



REGISTER NOW





What is Mind-Body Medicine?

Mind-body medicine (MBM) refers to the interdisciplinary approach of understanding and enhancing the interaction between the mind, body, and behaviour to improve health outcomes. Your retreat host and facilitator, Miriam Henke, is an expert in the science and practice of mind-body medicine, and is passionate about empowering others to use and benefit from it.

From a health psychology perspective, mind-body medicine emphasises the connection between psychological processes, such as thoughts, emotions, and behaviors, and their impact on physiological health. This approach integrates evidence-based practices from psychology, medicine, and complementary therapies to promote wellbeing and manage disease.

The central tenet of MBM is that mental states, including stress, emotions, and attitudes, can influence physical health through physiological mechanisms. This connection is mediated through systems like the nervous, endocrine, and immune systems, which can be influenced by psychological and emotional factors. Techniques such as meditation, hypnotherapy, yoga, breath work, and cognitive-behavioral therapy (CBT) are commonly employed in mind-body medicine to harness these connections for therapeutic benefit.

Several studies support the effectiveness of mind-body interventions. For example, a review by Irwin and Olmstead (2016) found that mindfulness-based stress reduction (MBSR) and related practices can reduce markers of inflammation, enhance immune function, and decrease psychological stress, which are all crucial for preventing and managing chronic conditions.

Similarly, research by Schneiderman et al. (2005) highlights the impact of stress on cardiovascular disease, emphasising that mind-body interventions targeting stress reduction can improve cardiovascular health.

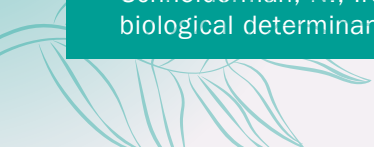
Mind-body medicine has also gained traction in managing chronic pain, with meta-analyses showing that mind-body interventions like mindfulness meditation and relaxation techniques can significantly reduce pain intensity and improve quality of life (Goyal et al., 2014).

Mind-body medicine is the perfect complementary medicine. The regular use of MBM enhances the healing benefits of other treatments and modalities being used. MBM has no known contraindications or side effects. Best of all, MBM practices foster a sense of empowerment in one's own self-healing capacities, and are pleasant to do.

Mind-body medicine is a holistic approach that integrates psychological and behavioral interventions with traditional medical practices to promote overall health. It is grounded in the scientific understanding of the bidirectional relationship between mental and physical health, grounded in a biopsychosocial perspective, with evidence supporting its role in the prevention and management of various health conditions.

References

- Goyal, M., Singh, S., Sibinga, E. M. S., et al. (2014). Meditation programs for psychological stress and well-being: A systematic review and meta-analysis. *JAMA Internal Medicine*, 174(3), 357-368.
- Irwin, M. R., & Olmstead, R. (2016). Mitigating cellular inflammation in older adults: A randomized controlled trial of Tai Chi Chih. *Psychosomatic Medicine*, 78(5), 544-551.
- Schneiderman, N., Ironson, G., & Siegel, S. D. (2005). Stress and health: Psychological, behavioral, and biological determinants. *Annual Review of Clinical Psychology*, 1, 607-628.



Our Venue



Welcome to the stunning Noosa Hinterland!

Nestled within the embrace of tropical nature, our retreat unfolds at a luxurious private estate adorned with quality furnishings and tasteful decor.

Here, spacious interiors seamlessly connect with beautiful gardens, inviting you to explore the natural surroundings teeming with native birds and animals.

This all-inclusive retreat gives you full access to the exceptional facilities onsite, including the infinity pool, jacuzzi, sauna, and cold plunge.

With different room types to choose from, this very special venue offers multiple spaces for group activities as well as quiet spaces for some reflection, rest and solitude.



The Rooms

The Suites

The epitome of luxury, the suites offer a premium accomodation experience. There are three suites onsite, ideally suited for couples or close friends.

With high quality and beautiful furnishings, decor and linen, choosing a suite for your retreat experience will bring endless delight and relaxation.



Pictured above are the three suite rooms, plus a view of the suites from the outside.

Below are the stunning bathrooms, featuring exquisite balinese decor. The suites include full ensuite bathrooms.



The Rooms

The Cottages

With tasteful furnishings, decor and luxurious linen, the three cottages boast additional features of a private lounge and kitchen. The flexible design allow for either a king bed for couples, or twin share. Comfort meets opulence.



Pictured above are the three cottage rooms, plus a view of the private lounge. Below is the private kitchen, and a view of the cottages from the expansive gardens. The cottages have their own full bathroom and laundry facilities.



The Rooms

The Studio

The studio accommodates up to 4 guests, and has its own private lounge, kitchenette and bathroom. Ideally suited for a group of friends, or for the more budget-conscious guest.

Nestled amongst a tropical backdrop, the studio brings you closer to nature. Complete with beautiful furnishings, decor and linen for comfort and style.



Pictured above is the full studio space, showing twin share set up. Below is the private bathroom and kitchenette, and the relaxing lounge area.



For full pricing information for the rooms, please see the Pricing Page.

Inclusions



10 hectares of some of the most stunning natural bushland in SE Queensland, with an abundance of native birds and wildlife.



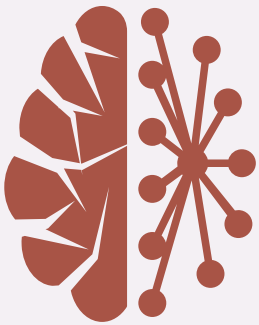
Our experts will teach you how to master the power of the breath and mind techniques to successfully do a cold plunge.



Exclusive access to the stunning swimming pool, spa, sauna, and multiple lounging areas where you can unwind and relax.



Enjoy the deep release work of massage, as the tensions are expertly eased from your body and mind, tailored to your preferences.



Learn the latest information in growth areas such as mind-body medicine, neuroscience, wellbeing, health-enhancement technology, purpose & passion.



Daily movement practices, such as yoga, gyrokinesis, and walking, allow you to increase energy & flexibility, improve balance, connect inward and calm the mind.



Accommodation designed with the philosophy of creating harmonious, supremely comfortable rooms with an abundance of air, light and space.



Be guided through a creative nature-based activity that will take you on a journey of personal inquiry to connect with an authentic and insightful expression of yourself.



Experience one of the oldest healing modalities known to man. Sound baths calm, balance and support our health and functional wellbeing.



Conclude your amazing day in circle around the fire pit, with facilitated activities, music, time to share, laugh, connect and integrate.

Your Team



Hosted by Miriam

Miriam Henke is a Health Psychologist and Coach with special interests in mind-body medicine, holistic wellness, photobiomodulation (red and leadership). An entrepreneur and visionary in multiple health fields, Miriam's work and initiatives have positively impacted thousands of individuals over 20+ years. Miriam is excited to share with you the art, science and practice of self-healing through The Empowered Mind program.



Guest Support with Arnaum

Arnaum Walkley will be your key support person during the retreat. She has a beautiful, vibrant energy that draws people to her. There to help you have the best experience possible, Arnaum's warm and nurturing approach comes from many years working in the health sector, her natural empathy, and her training and work as a parenting coach and neuro-linguistic programming (NLP) practitioner.



Breathwork with Zac

Zac Vale is the founder of In and Out Breathwork. Sharing his knowledge and enthusiasm for breathwork to help people manage and work with stress, anxiety, to increase energy and maximize performance in their professional and personal lives. Breathwork has completely transformed his life, and he's now dedicating his to transforming others. Zac holds certifications as a Level 2 Wim Hof Method Instructor, Oxygen Advantage Advanced Instructor and Breath Science Practitioner.



Creative Expression with Mel

Mel is the Director and Founder of Ipsarty. She is an Expressive Arts Therapist trained in multiple modalities and Registered Nurse with over a decade of community disability, mental health, and palliative experience. She's a total neuroscience nerd and passionate about educating people on their brain in a relatable way. Mel will take you on a creative journey of self-exploration that will bring greater connection and insight.



GYROKINESIS® with Nadine

Nadine has been exploring the human body and its movement potential through professional dancing, Pilates practice and teaching at her studio in Marcoola. Nadine started training in the GYROKINESIS® method in 2012, which has inspired a deeper dive into energetic practices, and a deeper trust of the natural body's abilities. Nadine is passionate about sharing this unique method, and continuing to help others reconnect to their bodies through awareness and movement.



Your Team



Yoga with Helen

Through her own healing, Yoga Teacher Helen is deeply inspired by both the physical benefits of a regular yoga practice as well as the spiritual and emotional discovery that pranayama, asana and meditation delivers. She is also a Reiki Master, Shamanic Practitioner and Intuitive. Her aspiration to help others to balance the body and mind through yoga, meditation and relaxation



Sound Alchemy with Marco

Marco is a virtuoso didgeridu player, born in The Netherlands, committed to inner and meaningful work in his community. Over 25 years, Marco has greatly valued connection with the didgeridu, his Indigenous mentors, Tibetan Yogic teachers, the breath and deeply connecting meditation. Through his sound alchemy sessions he offers all these elements with a passion to support people to find more balance, clarity and direction.



Red Light Therapy with Michael

Michael is an expert and thought leader in the field of photobiomodulation (red light therapy), with a background in naturopathy, nutritional medicine, and supplementation development. Michael leads Lifespan Dynamics, working alongside clinicians and their patients to treat a variety of health issues and enhance health and performance using cutting-edge light therapy devices and protocols.



Massage with Marygrace

Marygrace comes with the intention to provide a safe, supportive environment where one feels held, nurtured and fully supported in a journey of self-love and well-being. Her personal journey of self love lead her to the beautiful art of KaHuna and Heartworks Lomi Lomi, modalities which are widely used and passionately work with to assist clients in their own healing journey.



Nutrition by Belinda

Sarah Mitford-Burgess is a Fleurieu local, who runs Real Food Life and specialises in nourishing whole food meals and raw treats. She welcomes you to discover her in the kitchen and talk about her passion for food. Sarah feels pretty lucky to have a career that allows her to be creative, meet awesome people, have a fluid lifestyle to be with her kids, and live a life pretty in line with her values ... REAL FOOD.



FAQs

Q. Who is welcome to come to this retreat?

A. All genders are welcome, 18+ years of age. Anyone who wants the chance to combine a getaway to relax and rejuvenate, with some valuable learning and practical experiences of a variety wellness modalities in a beautiful, warm, and welcoming environment.

Q. I'm coming from outside QLD, can you help me with my travel?

A. Sure! We can help you make travel arrangements and organise transfers for you. There may be additional costs associated, which we will discuss with you.

Q. Do I need to have any previous experience?

A. No, this retreat has been designed for both those with previous experience with mind-body wellness practices (e.g. meditation, yoga) and those completely new to it. During the intake process we will ask you more information about previous experience.

Q. I see you have movement sessions - what level of fitness do I need?

A. All movement sessions are designed to be gentle and accessible to all fitness levels. The facilitators are all highly experienced, will ask about existing injuries and limitations, and can provide options to suit your body's needs and capacity.

Q. I'm a current or past client of Miriam's - how will this work on retreat?

A. Firstly, your privacy and confidentiality remains protected and unless you choose to share with others about your existing experience with Miriam, no one will know. On retreat Miriam will be acting in the roles of Host and Facilitator, and will not be providing therapy as a Psychologist. If you are a current or past client, you will be provided with an Informed Consent form to complete as part of your registration process.

Q. Do I have to attend all the activities?

A. No, you absolutely have the option to sit out of any of the retreat activities. We just ask that you inform us ahead of the session if you plan to skip it.

Q. Do I have to share personal things with others in the group?

A. No, there's no expectation of personal sharing beyond what you feel comfortable with, so please just say "pass" if you would like to opt out.

Q. What is the alcohol policy for the retreat?

A. This event is a drug and alcohol-free event. As such, there will be no alcohol provided or allowed at the retreat.

Q. I'd like to collect CPD hours and the Certificate you mentioned - how does that work?

A. If you are a health practitioner or coach, you can claim up to 12 CPD hours for attending the retreat, completing the workshops and some additional learning requirements. A Certificate in Applied Mind-Body Medicine will be provided for those who advise they will collect CPD hours. Please talk to us for more information.

Q. I want to attend the retreat but not stay onsite. Is there a day retreat option?

A. Yes! If you'd prefer to return home to sleep or book your own accomodation elsewhere, you are welcome to choose the Day Retreat option, with details in the Pricing page.

Q. What's the process to register?

A. To register, there's a few online forms to complete. We have privacy consent, T&Cs, registration, and intake forms. Full payment of the fee is required to secure your registration. To start, click [here](#).

Q. How do I pay to secure my registration?

A. Once you've completed your intake forms, an invoice will be emailed to you for payment within 7 days. We prefer payment by direct funds transfer, and we have other payment options available (details on the invoice provided).

Pricing

Full Retreat Bookings

Choose to have the full retreat experience, staying onsite at the venue. This option includes accommodation, linen, toiletries, all meals, snacks and drinks, the full retreat program (including workshops, movement sessions, massage, and activities), resources and gifts. Please note all rooms (except the Studio) are twin share. Single rooms may requested, cannot be guaranteed, and may come at an additional cost. Book for 2 people and gain additional discounts!

Applicable Rate	Booking Type & Fee
Early Bird Register and pay in full by 30 March, 2025	The Suites (premium accommodation) 1 person booking: \$3297 (save \$300) 2 person booking; \$6200 (save \$700+) The Cottages 1 person booking: \$2997 (save \$300) 2 person booking; \$5600 (save \$700+) The Studio (sleeps up to 4 people) 1 person booking: \$2497 (save \$300) 2 person booking; \$4600 (save \$500+)
Standard Register and pay in full after 30 March and before May 15, 2025	The Suites (premium accommodation) 1 person booking: \$3697 2 person booking; \$6900 The Cottages 1 person booking: \$3297 2 person booking; \$6300 The Studio (sleeps up to 4 people) 1 person booking: \$2797 2 person booking; \$5100

Day Retreat Bookings

Choose to come for the retreat program but stay elsewhere overnight with our Day Retreat option. Those local to the retreat venue have the option to go home after the days' program has completed, or find your own accommodation nearby to the venue (own transport essential).

Applicable Rate	Fee
Early Bird	\$1999
Standard	\$2299



REGISTER NOW