

Journey to Wellness



by

Quantum
RETREATS



Rejuvenate Mind, Body & Spirit

Hosted by Miriam Henke,
Health Psychologist

October 24 - 26, 2025

Join Miriam for a transformative journey to holistic wellness through the science and practice of mind-body medicine. With expert-led workshops, personalised self-care strategies, and curated experiences, you'll gain practical self-healing and stress management techniques, deepen your spiritual connection, and rejuvenate your mind, body, and spirit.



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.

Limited Spaces!





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 | Step Mum | 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 Journey to Wellness



Who is this retreat for?

- Do you lead a busy life, often feeling overwhelmed and stressed?
- Would you like to feel more empowered with your health and wellbeing?
- Do you value personal growth and appreciate the importance of a holistic approach to wellness?
- Are you a health practitioner or coach who loves the idea of combining professional development with a rejuvenating weekend away?

If you answered 'yes' to any of these, this retreat is perfect for you!



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 a safe and welcoming place 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 Friday October 24th at 2pm, and concludes about 1pm on Sunday October 26th.



REGISTER NOW



What You'll Get

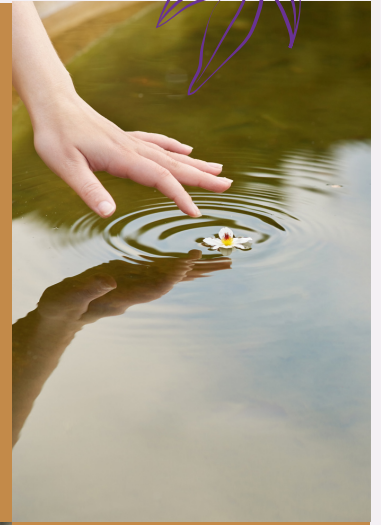
Rejuvenation in a Private Oasis

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 serene place where you can connect with nature.



A Variety of Experiences

GYROKINESIS
Meditation
Restorative Yoga
Sound Bath
Meditation
Biofeedback
Guided Imagery
Nature Walks
Creative Expression



A lasting learning experience

Be empowered to use mind-body medicine with your own health, or integrate your knowledge and skills into your 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 well-being.

Our caterers source local, quality wholefood ingredients, and provide you with scrumptious meals for your entire stay. We accommodate 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 mind-body principles and practices
- 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 available 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 our 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.



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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. 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, biofeedback, yoga, Qigong, 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.

In summary, 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.



Workshops



Workshop 1: Introduction to Mind-Body Medicine

- Reflection activity: my current health and wellbeing
- What impacts our health?
- Mind your Body: the impact of unhealthy mental states and habits
- Setting intention(s) for the retreat, and identifying your health and wellbeing goals
- Introduction to Mind-Body Medicine
- Miriam's story, research, clinical experience and findings
- A brief history of perspective: the Mind-Body connection
- Scope of application and potential benefits to health and wellbeing.



Workshop 3: Practical Mind-Body Techniques

- Types of mind-body techniques and therapies
- Summary of the evidence-base for different mind-body techniques
- Introduction to EFT (tapping)
- Introduction to Guided Imagery
- Self-hypnosis and biofeedback using a pendulum.

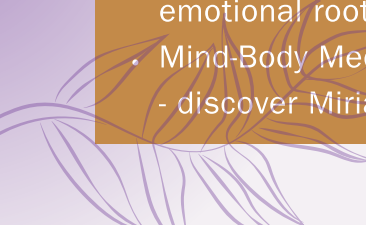


Workshop 2: The Science of Mind-Body Medicine

- The link between stress and illness
- What is the mind?
- Introduction to Psychoneuroimmunology: where the research is at today
- The Placebo and Nocebo effects
- The Relaxation Response
- The Keys to making MBM work
- The deeper work: exploring psycho-emotional root causes
- Mind-Body Medicine resources and texts - discover Miriam's library.

Workshop 4: Integrating Mind-Body Practices into Daily Life

- Self-care and wellness principles grounded in mind-body medicine
- Scheduling practice and habit stacking
- Monitoring my progress: incorporating meaningful measures and goal posts
- My Personal Wellness Recipe and Self-care Plan
- Goal-setting for the short- and long-term
- Accountability checking and community building - finding and utilising the right people and places.



Curated Experiences



Creative Expression in Nature

Bel is the Director and Founder of Ignite Wellbeing Co. She is an Expressive Arts Therapist, counsellor, and mental health trainer, who finds creative ways to connect into the self and create meaningful expression using a range of natural and art mediums. Weather-permitting, we will wander onto the estate acreage and into nature. Bel will connect you to the earth for some grounding before taking you on a creative journey of self-exploration that will bring greater connection and insight.



Flow with GYROKINESIS®

GYROKINESIS® is a flowing series of movements performed on stools, mats and laying down. Your experienced instructor, Nadine, will take you through a series of movements that includes postural awareness, co-ordinating breathing patterns with activation of the spine and all joints through arching, curling, spiralling and undulating movements. You will finish the session feeling revitalised and refreshed; relaxed but knowing you've worked your body!

The Art of Mindfulness

In practical workshop with Miriam, we will explore what mindfulness is, how to develop it and how to use it in daily life. Miriam will share with you the latest research evidence and all the different applications and benefits that mindfulness can bring to your mental and physical health. We will break down what is mindfulness really all about, seeking to make it as accessible in your life as possible. With a good mix of teaching and practice the workshop promises to be an enlightening experience for everyone.



Limited Spaces!



Curated Experiences



Restorative Yoga & Sound Bath

Allow yourself to unwind layers of tension as you soften into the most comfortable and supported restorative yoga poses while you are immersed in healing sounds. Your yoga instructor will guide you through restorative yoga poses and calming breathwork. Your sound healer will take you on a journey through a therapeutic soundscape with an array of healing musical instruments including crystal bowls, drums, voice, gongs and more. Journey to a state of deep rest in resonance through the healing vibrations of sound.

GYROKINESIS®

GYROKINESIS® is a movement system that incorporates elements of yoga, tai chi, dance, and Pilates, designed to enhance flexibility, strength, coordination, and balance. It focuses on the fluid movement of the spine and joints through rhythmic, wave-like motions that emphasise breath control, energy flow, and mindful movement. In this session, experienced facilitator Nadine Welke will guide you through a GYROKINESIS® session suitable for all fitness levels, opening the body and awakening the senses. A perfect way to start your day!



Yoga

Yoga is a holistic mind-body practice that combines physical postures (asanas), breath control (pranayama), and meditation (dhyana) to promote physical, mental, and emotional wellbeing. Rooted in ancient Indian philosophy, yoga is designed to unify the mind, body, and spirit. Yoga offers numerous health benefits by enhancing flexibility, strength, relaxation, and mindfulness. We will be having a yoga session to start our day on the Saturday, with options for a bodies and fitness levels.



Our Venue: Riverdell Spiritual Centre



The Centre

Riverdell Spiritual Retreat Centre hosts a variety of workshops and retreat events that provide opportunities for self-empowerment and conscious living. They offer teaching and accommodation spaces suitable for small and medium groups and are situated on a 3.5-hectare block on the banks of the Gawler River, only 45km's from Adelaide's CBD.

Riverdell Spiritual Centre is a place for those seeking deeper connection — with themselves, with others, and with something greater. It has grown from a legacy of spiritual service and conscious living, shaped by decades of heartfelt community and transformational practice. It offers a tranquil environment where individuals and groups can reconnect, recharge, and grow.



The Spaces

The Sanctuary is a sacred space at Riverdell and will be where many of our workshops and immersive experiences will be held. It seats up to 40, and is a stand-alone cedar, single room building equipped with surround sound home theater system, data projector and easy wheelchair access.

Upon entering the Sanctuary, people often experience a sense of calm and tranquility as the natural timbers radiate warmth and beauty. The Sanctuary is a versatile space, perfect for presentations and workshops, as well as Meditation and Yoga.

Riverdell is equipped with **The Dining Room** that is perfect for workshops where tables and chairs might be required. It is well equipped with urns, tea & coffee selections and a natural outlook over the property at Riverdell.



Register early - spaces are limited



Accommodation

Karrawirra

Named after the Kaurna word for “redgum forest,” Karrawirra pays tribute to the original custodians of the land and the redgums along the Gawler River. This modern, three-bedroom self-contained home features a spacious living room, with a Wi-Fi-enabled 55-inch Smart TV. The well-equipped kitchen, 2 showers, and toilets, along with 3 comfortable, air-conditioned bedrooms, provide a welcoming environment. Disability access is also available.



Sumai

Newly renovated and thoughtfully furnished, Sumai is a welcoming sanctuary. Overlooking the Gawler River and the picturesque Dell, this tranquil haven invites you to slow down, recharge, and reconnect with yourself and nature.

Sumai is a fully self-contained, five-bedroom home designed for comfort and serenity. With a spacious kitchen upstairs, a convenient kitchenette downstairs, two modern bathrooms, two scenic balconies, and undercover parking, it provides the perfect setting for a comfortable and relaxing retreat setting.



Between Karrawirra and Sumai, there is space for 14 guests to enjoy twin share accommodation. Our team will allocate you to your room. We recommend booking with a friend so you can share this wonderful experience together.

We have the Day Retreat option for those who wish to attend the retreat but would like to stay offsite overnight (e.g. at home, at alternative accommodation nearby).

Please contact us at admin@quantumretreats.com.au for questions about the accommodation and what might be best suited for your needs.



REGISTER NOW



Inclusions



3.5 hectares of some of the most stunning South Australian countryside, with an abundance of native wildlife and space to walk and commune with nature.



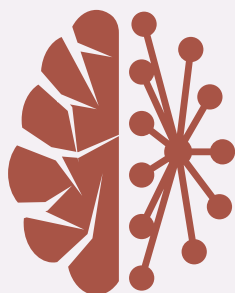
Our experts will teach you how to master the power of the mind, so you become more mindful, intentional, and relaxed.



Exclusive access to an expansive venue, providing plenty of lounging areas where you can unwind and relax during free time.



Health professionals can earn CPD points, and a certificate in AppliedMind-Body Medicine. Enjoy all the benefits of the retreat; may be tax deductible.



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



Daily movement practices, such as yoga, gyrokinesis, and walking, allow you to more deeply connect mind and body, whilst increasing energy, and flexibility.



Accommodation in a spiritual centre with true character, a deep history, and supremely comfortable rooms that has been lovingly cared for over decades.



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



Experience some of the most evidence-based healing modalities allowing you to calm, balance and support your health and functional wellbeing.



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



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 weekend away to relax and rejuvenate, with some valuable learning and practical experiences of a variety mind-body medicine modalities in a beautiful, warm and welcoming environment.

Q. I'm coming from outside SA, 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 medicine 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 (perhaps in the nearby Barossa Valley) , 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 for the deposit of \$500 will be emailed to you for payment within 7 days. The remaining balance is to be paid by the end of the pricing offer period (see next page). We prefer payment by direct funds transfer.

Pricing

Full Retreat Bookings

Choose to have the full retreat experience, staying onsite at Riverdell Spiritual Centre. This option includes accomodation, linen, toiletries, all meals, snacks and drinks, the full retreat program (including workshops, movement sessions and activities), resources and gifts. Please note rooms are twin share. Book for 2 people and gain additional discounts!

Applicable Rate	Booking Type & Fee
Super Early Bird: Offer available to a limited number. Register and pay by June 30, 2025	1 person booking: ◦ Twin share \$979 (save \$320) 2 person booking: ◦ Twin share \$1749 (save \$600)
Early Bird Register and pay by August 30, 2025	1 person booking: ◦ Twin share \$1099 (save \$150) 2 person booking: ◦ Twin share \$1999 (save \$300)
Standard Register and pay after August 30, 2025	1 person booking: ◦ Twin share \$1299 2 person booking: ◦ Twin share \$2349

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 accomodation nearby to the venue (own transport essential).

Applicable Rate	Fee
Super Early Bird: Register and pay by June 30, 2025	\$799
Early Bird Register and pay by August 30, 2025	\$899
Standard Register and pay after August 30, 2025	\$999



REGISTER NOW