

The Nourishing Nest
HOLISTIC HEALTH AND WELLBEING

THE NOURISHING WEEKEND

A TWO-NIGHT RESTORATIVE RETREAT

17–19 SEPTEMBER 2027

THE WELLNESS FARM | BROKE, HUNTER VALLEY

An intimate weekend to rest, nourish and reconnect.

Two nights | All-inclusive | Just 20 guest places





EXPRESSIONS OF INTEREST NOW INVITED

THE NOURISHING NEST | REBALANCE. RESTORE. RECONNECT.

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A BEAUTIFUL SPACE TO SIMPLY BE

Come as you are.

Leave feeling a little more connected to yourself.

Imagine a weekend where the only person you need to look after is yourself.
Where nourishing meals are prepared, the days unfold gently,
and there is space to move, rest, reflect and simply be.








YOUR RETREAT EXPERIENCE

Gentle yoga, restorative movement and guided meditation

Candlelit crystal singing bowl sound bath and group Reiki

Create-your-own herbal tea ritual and fireside release ceremony

Nourishing meals, drinks and time to enjoy the property

Pool, sauna, hot tubs and peaceful places to simply rest

A WELCOME GIFT AND TAKE-HOME GIFT BAG FOR EVERY GUEST

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YOUR WEEKEND AT THE WELLNESS FARM





FRIDAY 17 SEPTEMBER | ARRIVE & UNWIND

Welcome with herbal tea, organic wines, refreshing drinks and canapés

Grounding meditation and breathwork | Nourishing welcome dinner

Candlelit crystal singing bowl sound bath

SATURDAY 18 SEPTEMBER | NOURISH & RESTORE

Morning yoga | Nourishing breakfast | Guided meditation

Create-your-own herbal tea ritual | Free time to rest and restore

Lunch | Restorative yoga | Dinner

Fireside release ceremony followed by group Reiki

SUNDAY 19 SEPTEMBER | RECONNECT & REFLECT

Gentle yoga and gratitude meditation | Breakfast

Workshop: Nourishing Yourself from Within | Closing circle

EVERYTHING THOUGHTFULLY INCLUDED

Two nights accommodation | All meals, snacks and drinks including organic wines

Group wellness experiences and access to included venue facilities

A welcome gift and take-home gift bag for every guest

YOUR RETREAT INVESTMENT

$1,800 pp | Twin share **$2,200 pp | Private room**



ONLY 20 GUEST PLACES AVAILABLE

REGISTER YOUR EXPRESSION OF INTEREST

Meet Your Retreat Team

Emma Hawkings

Co-Founder | Clinical Naturopath, BHSc

Emma is a clinical naturopath with a passion for understanding the connections between physical, emotional and mental wellbeing. Combining traditional naturopathic wisdom with modern science, she takes a personalised, whole-person approach to health. With particular interests in fatigue, burnout and preventative wellbeing, Emma believes in the importance of slowing down, listening to the body and creating space for lasting balance.



Angela Arena

Co-Founder | Reiki & Sound Therapy Practitioner

Angela is a Reiki, heart-centred sound therapy and intuitive energy healing practitioner dedicated to creating nurturing spaces for rest and reconnection. Drawing on Reiki, crystal singing bowls, chakra balancing and gentle energy work, she offers restorative experiences that invite guests to release the pressures of daily life, embrace stillness and reconnect with themselves.



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Victoria Bonello

Yoga Instructor | Beyond Yoga

Victoria brings a warm, nurturing approach to yoga, encouraging mindful movement, breath awareness and a deeper connection with the body. During The Nourishing Weekend, she will guide gentle and restorative yoga experiences designed to help guests unwind, move comfortably and enjoy moments of calm.



Luciano Ippoliti

Chef | Luciano Food By Design

Originally from Italy's Abruzzo region, Sydney-based chef Luciano celebrates authentic Mediterranean cooking and the joy of bringing people together through beautiful food. Known for appearing on My Kitchen Rules as one half of The Italianos, he transforms fresh, seasonal ingredients into delicious, nutritious dishes full of flavour.



Miranda McDonald

Weekend Coordinator

Miranda is the friendly point of contact throughout The Nourishing Weekend, ensuring every guest feels welcomed, comfortable and beautifully looked after. From coordinating the little details to assisting with individual needs, she helps everything flow seamlessly so guests can relax, unwind and enjoy their retreat experience.