

RESTORE

WINTER RETREAT JUNE 14-17TH

At the heart of RESTORE there is a commitment to rediscovering the connections that modern society has left behind. Our mission is to meticulously restore the therapeutic essence of breath, harness the healing power of voice, and reestablish the body as a sacred ritual space.

Embark on a transformative 3-day, 3-night journey into the depths of our sacred inner abyss. This luxurious retreat is not crafted for the faint of heart but designed for those who harbour a genuine desire to embark on a profound self-encounter and truly want to effect change in their life. Immerse yourself in proven practices that seamlessly weave together ancient wisdom and cutting-edge science.

Join us in creating a sanctuary where the lost elements of our existence find their way back to their rightful home in order to create root-cause healing and inner awareness.

LOVE, LEXY X



WHY RETREAT?

Our nervous systems were not designed to endure the trappings of modern day life, so expressing our suppressed emotions and traumas can be virtually impossible! Retreat spaces supercharge our healing and help us step into our greatest potential simply because they give us a grounded and safe space, along with proven tools, to let go of our external environment and focus all our energy inward. This process is entirely focused on YOU.



BREATH + FREQUENCY MERGE

Safe. Deep. Held.

Frequency Specific Breathwork, when applied in a therapeutic setting, emerges as a potent and impactful healing modality. It utilises sound to evoke and stimulate energy centres and cellular memory. The combination of both breath and sound becomes, in my humble opinion, the most powerful transformative breathwork style I have ever encountered.

The practice encompasses a diverse range of techniques, including the ever-famous water breathe, delving into different layers of consciousness, facilitating the release of trauma, accessing past life memories, and fostering profound healing.

RETURN TO THE BODY

So many of us have learned to live from the neck up. Never really dropping into the body or its wisdom. Mostly because that's where the pain lives and we don't want to touch it. This is only because we have never been taught how to move it or process it.

Instead, we've been taught that the mind has the answers, the experts have the answers and all the while stuck on a treadmill of discontent, illness and suffering. Perhaps you're beginning to realise, that the answers are not outside of you but inside. It's just a matter of learning how to access them.

Learning to feel safe in the body is also a key to releasing yourself from the patterns that keep repeating in your life. Your emotions, energy-in-motion, are a divinely designed communication system that will lead you perfectly once you begin to feel safe enough to learn to trust these signals rather than fear them. Breathwork and somatic practices help us to regulate and recalibrate. This allows for all of those unprocessed emotions to finally release, freeing up your body to make decisions from a place of grounded intuition.



ANCESTRAL TRAUMA + SHADOW WORK

Healing + change will require us to take a hard look at the beliefs and behaviours that are keeping you stuck, suppressed or suffering. What most are unaware of, is that some of these beliefs and behaviours didn't just fall into our psyche, but have been left there by cellular transference and societal conditioning that is centuries deep. In order to release them we are required to access parts of us that have been locked away or that we didn't even know we were carrying. This is called accessing the shadow. Trauma has been proven to be handed down up to 13 generations. And whilst it may not be your fault, it may be your responsibility to heal it.

This is where we get to turn off the logic mind and access the unconscious. This is the miracle of Frequency Specific Breathwork. Using frequencies specific to certain emotions allows us to access this ancestral trauma and release it for good. It also allows us a deep awareness of the societal conditioning that may have left you wearing a mask. Through this retreat you will be able to recognise it, shift it and begin to live authentically. As your truest self.

Whilst shadow work can be confronting, it also truly liberating. It holds all the locks and all the keys to PROFOUND change.

PRE + POST INTEGRATION PROGRAM

There's a very good chance you've never experienced anything like RESTORE.

It's unique in its presence + application, and also in its space holders. Lexy never set out to do this work, nor did her co-pilot and husband Jim. It was only through healing her own earth-shattering illness and mental health crisis that it was passed on to her, which led her to feel a great responsibility to share it with the world.

This means that she has experienced a great deal of retreats and many healing programs and one thing that she always felt was missing was preparatory work before a retreat and post-retreat integration.

She is very proud to include a comprehensive pre-retreat program so that you + your psyche are prepped and ready, to get the most out of the retreat. As well as a month-long integration program post-retreat, that includes breathwork, self-holding meditations and online support.

Her methods are safe, practical and anti-fluff. Also expect a good dose of her wicked sense of humour. This work is serious enough....the rest of the retreat doesn't need to be.



TRANQUILLO HOUSE

Tranquillo House is a magnificent 12 acre, beachside property just north of Coffs Harbour in beautiful Woolgoolga. This glorious accommodation offers up a safe space for you to enjoy abundant wildlife, the ocean at your back door and luxurious amenities. Accommodation is either single or twin share and all meals are included.

INVESTMENT

Early Bird \$2990 - Paid in full by April 1st.
Regular - \$3330 - Payment plans are available.

A \$500 deposit is required to reserve your spot.

Please contact Lexy or Jim for reservations or any queries you may have.

YOU ARE YOUR MEDICINE