



EXPERIENCE ANUBHAVA

YOGA & WELLNESS RETREAT EXPERIENCES

Retreat enquiry & booking worksheet - MindBodySpirit Festival, ICC Sydney, 8-11 October 2026

1. YOUR RETREAT

Enquiry type	☐ Corporate / workplace	☐ Private group	☐ Community / club	☐ Special occasion
Group size	☐ 1-5	☐ 6-15	☐ 16-30	☐ 31-50+

Contact name: _____

Company / business: _____

Occupation / role: _____

Preferred retreat date(s): _____

Email: _____

Mobile / WhatsApp: _____

2. RETREAT STYLE - TICK OR CROSS ALL THAT INTEREST YOU

☐ Leadership & executive reset - CEOs, managers, business owners	☐ Women's empowerment & leadership retreat
☐ Professional athlete recovery & performance wellness	☐ Mothers' circle / nurturing wellness experience
☐ Wellbeing Week / R U OK? Day / workplace wellness activation	☐ Yoga for kids - animal yoga, imagination, creativity & mindfulness
☐ Ballet / dancer / athlete Yin recovery immersion	☐ Yin Yoga immersion or workshop
☐ Dance + wellness - ballet, hip-hop/breakdance, heels or requested style	☐ Youth wellness workshop
☐ Half-day retreat	☐ Full-day retreat
☐ Weekend / multi-day retreat	☐ Custom private yoga & wellness retreat

3. BUILD YOUR EXPERIENCE

☐ Yin / restorative yoga	☐ Vinyasa / gentle flow	☐ Breathwork / pranayama	☐ Meditation / mindfulness
☐ Sound healing / sound bath	☐ Dance / movement session	☐ Journaling / reflection prompts	☐ Nature connection / walking
☐ Women's circle / sharing circle	☐ Floral arrangement / creative circle	☐ Tea / mindful tea ritual	☐ Guest facilitator / specialist
☐ Team connection activities	☐ Wellness talk / workshop	☐ Healthy catering / refreshments	☐ Take-home wellness gift / pack

4. WHAT WOULD YOU LIKE YOUR GROUP TO FEEL OR ACHIEVE?

☐ Relax & de-stress	☐ Reconnect & recharge	☐ Team connection	☐ Confidence / empowerment
☐ Rest & recovery	☐ Mindfulness skills	☐ Movement & mobility	☐ Creativity & play
☐ Leadership reflection	☐ Celebrate a milestone	☐ Burnout prevention / wellbeing	☐ Other: _____

5. LOGISTICS & BUDGET

Location / suburb: _____	Approx. budget: _____
☐ We have a venue ☐ Please source / suggest a venue	☐ Morning ☐ Afternoon ☐ Evening ☐ Flexible
☐ Studio ☐ Workplace ☐ Hotel ☐ Outdoor ☐ Retreat venue	☐ Catering required ☐ Not required

6. ACCESSIBILITY, SAFETY & SPECIAL REQUESTS

Please note accessibility requirements, injuries / mobility considerations, pregnancy considerations, sensory needs, cultural preferences, dietary requirements, venue access needs, or anything that would help us create a comfortable experience.



RETREAT BOOKING NOTES & FOLLOW-UP

Use this page to turn a festival conversation into a clear proposal and next step.

7. YOUR IDEAL RETREAT - QUICK BRIEF

What is the occasion, event or reason for the retreat?

What is the biggest wellbeing need or challenge in the group right now?

What would make the experience feel successful?

Are there any activities the group definitely wants - or does not want?

Preferred duration: 60-90 min / 2-3 hrs / half day / full day / overnight / weekend / custom

Preferred atmosphere: calm / luxury / nature-based / playful / corporate / nurturing / energetic

8. PROPOSAL / BOOKING DETAILS

Proposed package / concept: _____	Estimated participants: _____
Proposed date: _____	Start / finish time: _____
Venue: _____	Travel / parking: _____
Quoted price: _____	Deposit required: _____
Deposit due: _____	Balance due: _____

9. WHAT MAY BE INCLUDED IN THE QUOTE?

☐ Facilitation / teaching	☐ Planning & custom program design	☐ Yoga / wellness equipment
☐ Venue hire	☐ Travel / transport	☐ Guest facilitators
☐ Catering / refreshments	☐ Sound / AV requirements	☐ Decor / flowers / styling
☐ Participant gifts / take-home packs	☐ Photography / content (with consent)	☐ Insurance / venue requirements to confirm

10. LEAD STATUS & NEXT STEP

☐ Hot - ready for proposal	☐ Warm - follow up	☐ Future / nurture	☐ General enquiry
Best contact: Email / Phone / SMS / WhatsApp	Best time: _____	Follow-up date: _____	Proposal due: _____

11. ADMIN / PAYMENT

ABN / business name: _____	Invoice #: _____
Billing address: _____	Receipt #: _____
☐ Deposit not yet paid ☐ Deposit paid	☐ Balance not yet paid ☐ Balance paid

12. NOTES



Festival follow-up:

- ☐ Send thank-you ☐ Send brochure / package options ☐ Send tailored quote ☐ Confirm venue ☐ Send invoice / deposit request ☐ Confirm final numbers & requirements