



K'Gari - Fraser Island
Queensland, Australia
August 21-25, 2023



by Karina Godwin

Joy is the beginning of the best life you'll ever lead!

*You know the people who worked out how to target Pure Joy...
They have a glow about them, an inner contentment, a peaceful state of mind
They're funny, happier than happy and their enthusiasm is contagious
Everyone wants to be them or live like them
Life is extraordinary, life is full when you're in pure Joy
And the best thing is that their Joy doesn't need stuff, people or experiences to make it or grow it!
Pure Joy lives in each of us!
This is the retreat to grow it through you and into your everyday reality and experience!*

Our destination: World Heritage listed K'Gari (Fraser Island) ... the largest sand island in the world. The only place in the world where tall rainforests grow out of the sand dunes. With pristine clear waters on white sandy beaches, multiple shipwrecks, and 72 different coloured sands, this is a place like no other!

Our results... beyond incredible. A fast-track to feeling your Joy no matter what!

If you want Pure Joy then you had better get ready, for Joy doesn't wait for life to be happy: it feeds your

- ✓ inner contentment*
- ✓ love for you and others*
- ✓ enthusiasm and motivation in life to have it all*
- ✓ ability to slide away from the opinions & judgements of others*
- ✓ connection to that life you love and miss*
- ✓ waking up excited for the day ahead*

Do you want it?

It's not even really a question: of course you do!

Great news: 5 days of adventure and experience in and out of the classroom in the most incredible surrounds is scheduled for 2023 and it is something you do not want to miss.

*Pure Joy is **aiming** at you!!!!*

*Question really is: are you ready to **aim** at it?*

Meet us at K'Gari (Fraser Island): go whale watching, 4wd adventuring, swim in creeks and clear out the old, swimming or lying beside Lake Mackenzie. Watch beautiful sunsets with your evenings free to enjoy.

Experience the brilliant fast-track in mindset change that Karina Godwin is now so known for! Meet fabulous people and have a bucket list type of adventure. K'Gari (Fraser Island) has an energy that is so pure that it is like drinking in life. This makes the perfect environment to heal all that which has taken you away from the life you wished for, from the person you truly are. Discover that Joy has been lying dormant inside you all along, just waiting for an opportunity like this to reconnect you to the life you dream of.

With the insight, understanding and realistic, practical tools to take home, you'll not only be creating and furthering your transformation, you'll be living a life where Joy lives through you. You'll attract people and opportunities that make every day one that feeds your Soul, where life is worth waking up for.

It's an incredible experience to reset your life to the Joy you were born with!

You simply must be there ignore the obstacles, find a way...

We'll be waiting for you!

Some Location Inspiration:

Kingfisher Bay Resort

<https://youtu.be/ZlJHlf9SaF8>

K'Gari (Fraser Island) Imagery:

<https://youtu.be/8y3fAIDZzeo>

Inclusions:

- ✓ 5 days of Immersion with the brilliant Karina Godwin as your facilitator
- ✓ Skills, techniques and knowledge to make your own transformation and own it!
- ✓ Full day adventure tour of K'Gari (Fraser Island) to expand your newfound Joy
- ✓ Half Day Whale watching tour to expand your Heart to Joy
- ✓ A gift on Day 1 registration
- ✓ Daily Morning Tea, Lunch, Afternoon Tea
- ✓ Return coach & ferry transfers from Hervey Bay Airport via Rivers Head to Kingfisher Resort

Exclusions:

- Accommodation and travel to the venue
- (please note we recommend you stay onsite or close by and special rates apply)
- Meals not specified above
- Optional at-cost activities (details available at venue website)
- Ferry fees for your own vehicle



A Taste of your Experience

Day 1: 8am - 5pm

Happiness vs Joy

We seek happiness through the events, people and possessions in life, yet it's fleeting. Understanding that Joy is something deeper, innate inside you.

Day 2: 8am – 5pm

Addressing the Sadness

Identifying and letting go of all that created the sadness in your world, is like losing a thousand pounds of misery! Mastering fear and finding the real you.

Day 3: 7.45am – 5pm

Full Day Adventure Tour, exploring Fraser Island to amplify your Joy!

Lake McKenzie, gorgeous Rainforest, 75 Mile Beach highway, the Maheno shipwreck, Coloured sands of the Pinnacles, Eli Creek and more. Possible light plane add-on tour of the island, landing & take off on the beach highway, one of only 2 places in the world where this is possible: conditions apply)

Day 4: 7.15am – 12 noon

Whale Watching Tour: open your Heart to Joy, experiencing Whale Song

1pm – 2pm

Lunch @ the venue together (included)

2pm – 6pm

Finding & Supporting You

Finding Joy can only occur when you manage the balance of the demands on you. Connecting to all that makes you beautiful and amazing.

Day 5: 8am – 5pm

Target > Pure Joy

Open your heart to Joy and then learn how to connect to this innate energy inside you. Discover Joy, find kindness and create a whole new way of living.

What others have said about our Retreat Experiences

I just finished the Target Pure Joy Retreat with the brilliant Soul Guru Karina Godwin. It's my second time attending such a beautiful, luxury retreat and this time it's held in an island and so it's even more precious to me because I have always loved the beach and the waters. Generally, I'm a happy person, but after attending this it says more than just being happy, it's about being joyful, it's about embracing your inner happiness, your inner peace and by that embracing the abundance around you. The vibration of joy felt during the class, during the whole 5 days was just truly magnificent. Not only did we have a good group that came along, and shared all the joy with us, the activities that Karina has picked for this retreat truly compliments the energy, the skills, the techniques, the joy we're meant to experience in a retreat like this. I will always be grateful. I will cherish this experience. I'm already thinking for the next retreat... my husband doesn't know this yet, but I've already manifested that we will be going, despite our very hectic, busy schedules. Thank You Karina!

Christina

*Joy is my favourite retreat, it was really fun and exciting and I had an awesome week... my highlight was the day of adventure. It's really important for **guys** to come to these types of retreats because you actually don't realise what you're missing out on. You think that you know it all, you know actually what's really important in life and what's really important to you. What Karina does is that she actually opens another side of your brain and another side of your body that you didn't realise actually existed... it makes you appreciate things a lot more and really appreciative of what she does for you... coming into this week I thought I had Joy covered... it takes your happiness to another level. It comes from within and it takes my mind-set to new level.*

Troy

It was awesome, it was another life changing experience. The Target Pure Joy Retreat gave me tools to go back to upon leaving the retreat, which is really important for me. It's given me the greatest opportunity to connect in with my Soul directly and to live and breathe that and to feel it every minute of every day... that's how I want to live. I would encourage others to do this retreat regardless of how much time they've got, what their job is, how much money they have... Find the means and find the ways... it's only going to make you and your life scream Joy and be awesome!

There were too many highlights... I had so many profound moments of discovery and connecting to myself to my Joy and my Soul... Karina's results are amazing and life-changing and I wouldn't be standing here today if that wasn't the case.

Natalie

I've just finished the Target Pure Joy retreat so I'm beaming... it showed me that there are no excuses not to show up for myself. I've got no limits, no reasons to have that negative self-talk. There is nothing stopping me living every day in Joy. I thought I had Joy before I came here, I'm a pretty positive person ... Joy feels like it's literally brewing inside of me and it's exploding out of my pores like there is no stopping it.

Life after this retreat on one hand is going to be fabulous because my amazing husband actually came to this retreat, which means that I don't have to explain the transformation I've had, he can see it, he knows it, he feels it, he was here. I thought I had a great target list, a goal list, I need to times that by about 9 trillion to see what's really out there for me.

I stumbled upon Karina Godwin... and my life hasn't been the same since...

Melissa

You'll be going "My God I've got a brand-new life; I've got a brand-new attitude and I'm loving my life."

Sharon

It's given me insights into who I am and what I want to be and how I want to live my life going forth from today.

Karen

I don't know how more to express how amazing it was and the transformation internally that I feel and I know that if I fall off track a little bit, there's some amazing support for me if I need to tap into it.

Deanne

Could not recommend highly enough. Changed my whole outlook on life. My life. Karina is incredible.

Rachel

No matter who you are, where you come from, no matter what you've done in life, to come here, to find yourselves, to start to love yourselves and to make the change for the rest of your life.

Libby

Thank you... Polar Shift in my life! So much has changed!!!! Thankyou!

Phil



Location

One of the most incredible and pristine locations in the world. This is a memorable location and one not to be missed, especially when combined with the unique learning and transformation available from the retreat. Don't forget your swimwear, hat & sunscreen, comfy shoes and Spirit for Adventure.

Kingfisher Bay Resort
 Kingfisher Bay, K'Gari (Fraser Island) QLD 4581
 Phone: 1800 372737 (International: +61741203333)
<https://www.kingfisherbay.com>

Accommodation Options

We recommend you retreat to Kingfisher Bay Resort for your Target Pure Joy Retreat accommodation. It certainly adds to the experience! We have negotiated some super deals onsite. Please note that we recommend you book early to receive your preferred room. You will receive accommodation details and booking instructions for this deal when you book the Retreat. We are able to extend these rates 2 nights prior to and 2 nights after the retreat to enable you to extend your stay. Camping is possible. Our rates are

ACCOMMODATION OPTIONS – Room & Buffet Breakfast Daily, WIFI in Resort Rooms only

Room Type	Bedding Configuration	Rate
Resort Room	1 x Queen Bed & 1 x Single	\$227 per night single
		\$255 per night twin share
King Resort Room	1 x King Bed	\$267 per night single \$295 per night twin share
2 Bedroom Villa	1 x Queen & 2 x singles	\$430 per night twin share
		\$458 per night triple share

ACCOMMODATION CONDITIONS - DELEGATES

- Upon booking full payment is required.
- Should guests cancel 45-7days prior to arrival, a one night cancellation fee will apply
- Should guests cancel with 7 days prior to arrival, no refund will be permitted
- We are happy to provide the event accommodation rates for 2 nights pre and 2 nights post event.
- Please Note: In the event a cancellation is required due to COVID-19, normal cancellation fees apply

Quote "Joy Retreat" to access these rates. Bookings & enquiries to 07 41203333 or reservations@kingfisherbay.com

How to Get There

Hervey Bay is the closest airport from which to access K'Gari (Fraser Island) and flights can be found through domestic airlines from around Australia. Fraser Island is serviced by four ferry return services from River Heads, Hervey Bay per day. Ferry transfers are 50 minutes across the gorgeous ocean to approach this incredible location. It's a beautiful beginning for your eyes!

Ferry transfers and portorage can be organised at the time of booking your accommodation at Kingfisher Bay Resort from either the ferry or pier. Choose from below times. It is not necessary to hire a 4WD for your transfers, but please note extra fees apply for ferry & parking if you do. Fraser Island is a sand island and thus restricted to 4WD vehicles, ensure you understand tides and driving conditions for your own safety.

KINGFISHER BAY RESORT FERRY TIMETABLE				
Depart River Heads	06.45	09.00	13.00	15.30
Depart Kingfisher Bay Resort	07.50	10.30	14.30	17.00

***Ferry times correct at time of printing. Please check for any changes



Investment

	Deposit to confirm booking	EARLYBIRD PAYMENT IN FULL By July 18	PAYMENT IN FULL After July 18	PAYMENT PLAN Regular payments
Your First Retreat:	\$500	\$2900	\$3150	Plus \$50
VIP/ Retreat Graduates	\$500	\$2600	\$2600	Plus \$50

Early-bird price is for payment in full by Jul 18, 2023.

Sample Payment Plans: \$500 + 1 payment, OR \$500 + multiple payments

Payment Plans are flexible, and are charged to your credit card on the nominated dates of your plan. Call us for payment plan details and to talk about what suits your needs best. All enrolments are held with a \$500 non-refundable deposit. To take up a payment plan you will need to complete a contract of payments, contact us for details.

Contact Us

Contact the Retreat Co-ordinator for answers to your enquiries about the retreat, accommodation or travel. We want you to have the most amazing time on this retreat and are here to help you create that.
Phone: 0421591665 (International: +61 421591665) Email: connect@bienestarwellbeing.com

TERMS & CONDITIONS

Retreat attendance is required for the specified time: if you cannot commit to attending all sessions, we suggest you look to book a retreat where you can. Retreats are created with a cumulative effect of teaching, to ensure full results. Retreats may involve a breakthrough experience, these are voluntary. In enrolling, you choose to attend at your own risk.

We recommend you book flexible flights & accommodation as all retreats are subject to minimum numbers and may be rescheduled or cancelled should this quota not be met. We will not be held responsible or liable for any penalties or financial disadvantage that you may incur as part of any cancellation.

Retreat enrolment fees are non-refundable, but may be transferable to an alternate retreat at the discretion of Karina Godwin. Discounts (if available) are applicable strictly to the 'payment in full' price point, are for single use only and stated time limits strictly apply. Early Bird Payment rates apply strictly to the dates specified, after which the 'payment in full' rate applies. Retreat numbers are limited; your enrolment place is confirmed only by payment of your non-refundable deposit.