

WELCOME TO

JILLAROO

WOMEN'S RIDE + SURF RETREAT
MARGARET RIVER · WESTERN AUSTRALIA

PHOTO +
FILM BUNDLE
INCLUDED



Salty
COWGIRLS

HOSTED BY LIV & PARIS · [DATES]

JILLAROO
AUSTRALIA



THE EXPERIENCE

Seven days in Margaret River, where the forest meets the Indian Ocean, for women who want to come home stronger, not just rested. We ride through karri forest and vineyards, surf friendly waves, sleep a night under the stars and eat beautifully, with every meal planned by our own nutritionist.

AUSTRALIA | [DATES]



YOUR OUTBACK ADVENTURE

WHAT YOU'LL BE DOING

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- 3 **Trail rides.** Through karri forest, vineyards and farmland on Australian stock horses, one of them at sunset. Every level welcome.

 - 1 **Lasso workshop.** Learn to throw a rope and crack a whip, ranch style. [TO CONFIRM]

 - 3 **Surf lessons.** Friendly waves at the river mouth, boards and wetsuits included.

 - 1 **Night under the stars.** Swags by the campfire and a bonfire barbecue.

 - 1 **Winery long lunch.** A tasting and a long table among the vines.

 - 1 **Nutrition workshop.** An evening with Paris of Blu Nutrition, with all your questions answered.
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And also: two yoga classes, breathwork with Paris, an ancient limestone cave, the stingrays of Hamelin Bay, sunset at Surfers Point, ginger shots at breakfast and a gift bag waiting in your room. A coasteering day can be added.

NOURISHED ALL WEEK

WITH PARIS OF BLU NUTRITION

This is what makes our retreat different. Every meal is fresh, nutritious and overseen by Paris, and you leave knowing how to keep it going at home.

Photo: Paris, or a colourful plate of food

BEFORE YOU FLY

Your nutrition analysis. A short questionnaire and a one-to-one call, so Paris knows how you eat, move and feel.

DURING THE WEEK

Every meal by design. Menus built for active days, ginger and turmeric shots each morning, and a workshop with Q&A.

IN THE MORNINGS

Movement that fits the day. Two yoga classes on the deck, for every fitness level.

WHEN YOU LEAVE

Your personalised nutrition book. A plan written for you, with the recipes from the week, to take home and keep.

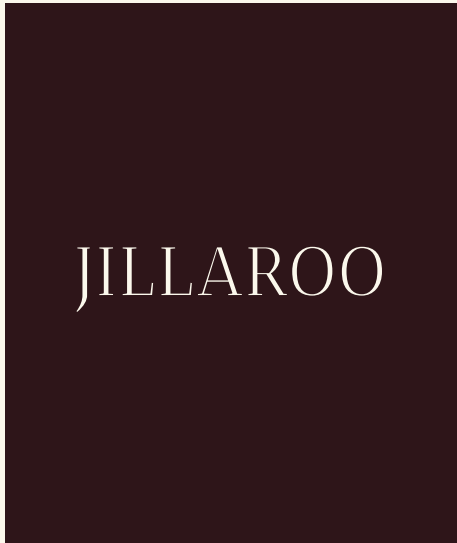
Photo: the homestead and its deck

Photo: bedroom

[HOMESTEAD NAME]

YOUR HOME FOR THE WEEK

A private country homestead ten minutes from Margaret River town is ours alone for 6 nights and 7 days. Shared and private rooms, a deck for morning yoga and long dinners, a fire pit, kangaroos on the lawn at dusk, and a kitchen cooking from Paris's menu. [CONFIRM HOMESTEAD]



AUSTRALIA | [DATES]

WHAT'S INCLUDED

YOUR RETREAT PRICE INCLUDES

- ✓ 6 nights in a private country homestead
- ✓ Perth airport transfers
- ✓ 3 trail rides + a lasso workshop
- ✓ 3 surf lessons, all gear
- ✓ A night under the stars with a bonfire barbecue
- ✓ Winery tasting + long-table lunch
- ✓ Every meal, designed by our nutritionist
- ✓ Nutrition analysis, workshop + your personal plan book
- ✓ 2 yoga classes + breathwork with Paris
- ✓ Cave visit, Hamelin Bay + sunset at Surfers Point
- ✓ Your photo + film bundle
- ✓ Welcome gift bag
- ✓ Two hosts + support throughout

Not included: flights, travel insurance, personal spending, the optional coasteering day.

SHARED ROOM

€ 2,750

PRIVATE ROOM

€ 3,050

€1,000 deposit holds your place. Balance due 30 days before arrival.

MEET YOUR HOSTS



LIV

YOUR HOST • RIDES AND WAVES

From Sweden, a licensed nutrition counsellor, and never far from a horse or the sea. [YOUR RIDING AND SURF BACKGROUND]. She plans every day of the week, so all you have to do is show up.



PARIS

NUTRITIONIST • BLU NUTRITION

The reason the food is a highlight, not an afterthought. [HER QUALIFICATION AND WHERE SHE'S BASED]. She designs every menu, leads the workshop and the breathwork, and writes your personal plan.

We built the week we wanted to go on ourselves.

READY TO COME TO AUSTRALIA?

You don't need to know how to surf, you don't need to be an experienced rider, you don't need to come with a friend. You just need to be ready for an adventure down under!

YOUR NEXT STEP

1. Submit your application
2. We'll book a call with you to chat + answer your questions + make sure it's a good fit
3. Pay your €1,000 deposit
4. Start getting excited



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