



*Your private
retreat oasis awaits!!!*

WWW.HIGHSPIRITSRETREAT.COM.AU

Welcome to High Spirits Retreat

High Spirits Retreat, the home of Mette's Institute, is set in the lush rolling hills of the subtropical Noosa hinterland and offers uninterrupted views to the beautiful rolling green hills.

High Spirits Retreat has been designed for absolute privacy in mind. With endless views, it is the perfect location for your personal journey.

With its large training hall, heated salt-water pool, spa, sauna, cosy main house and basic shared accommodation, it offers a very private and nurturing environment in which each individual is allowed to safely travel on their personal journey.



Key Features



- ✓ Hotel is composed 6 shared rooms with ensuite (up to 4 guests each)
- ✓ Main house with accommodation for facilitators and dining/chillout area
- ✓ Commercial Kitchen
- ✓ Large veranda with dining tables and lounge chairs
- ✓ Large air conditioned well equipped training hall
- ✓ Sauna
- ✓ Heated salt water pool with lounge chairs
- ✓ Magnificent Rural Hinterland Views



Step into a haven of tranquility, where you and your guests can learn and relax in a private setting and lush surroundings.

High Spirits Retreat is your gateway to creating unforgettable experiences.



The House

Fully equipped commercial kitchen

Accommodates 3 facilitators

Indoor dining / lounge area

Large veranda with spacious dining and
chillout areas



The Hotel

6 shared rooms

Each room is equipped with 4 single
beds and individual storage so guests
can make themselves at home

Each room has an ensuite and
separate toilet

Room 6 has full disability access



Our venue is perfect for retreats and training in modalities like Yoga, Qi Gong, Meditation, Massage, Detox/Wellness, Kinesiology, Dance, Leadership, smaller conferences, and much more!

High Spirits Retreat hosts up to 24 guests

Minimum 3 nights. From only \$1300 p/n



What's included?

- ✓ Exclusive private use of house, training hall, hotel, pool and sauna
- ✓ Full use of all kitchen utensils/equipment
- ✓ Bedding, towels and sarongs
- ✓ Well equipped training hall
- ✓ Ample parking for retreat guests

How do we book?

- 1 Visit www.highspiritsretreat.com.au and click on Venue Hire. Enter your desired dates on the booking calendar. If your dates are unavailable please contact our office to check availability.
 - 2 Reserve your dates with a 30% non-refundable deposit. You will then receive a confirmation to confirm your booking. The remaining balance is due 30 days before your retreat start date.
 - 3 Time to start planning your magnificent retreat! Please contact us if you wish to have access to our photo library to promote your retreat or share with your friends and family.
 - 4 We will be in contact closer to your retreat date with an information pack along with checking in with you regarding room configurations.
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