



AURORA

SPA — BATHHOUSE





SWITCH OFF. UNWIND. REFUEL.

SHINE Retreat: A Reset for Mind, Body & Soul

Join us on the 28th March for a full-day retreat at Aurora Spa & Bathhouse, designed to help you reset your habits and mindset for the year ahead. Through expert guidance, restorative practices, and a nurturing environment, this retreat will equip you with the tools to cultivate lasting joy, emotional resilience, and mental clarity.

Led by Australia's leading health retreat facilitator Linda Franke, this transformative experience will explore how to break free from limiting beliefs and negative patterns, creating space for a more connected and fulfilling life. Linda's decades of experience in therapy and mindful movement have helped countless individuals rediscover their sense of self through gentle but profound practices.

Your day unfolds with a mindful coastal walk along the stunning Mornington Peninsula, followed by a nourishing morning tea and engaging workshops designed to shift perspectives and reset the mind. A wholesome lunch at The Continental Sorrento provides a moment of connection and reflection before the day culminates in deep relaxation—an immersive Bathhouse Ritual at Aurora Spa

This retreat is an invitation to pause, reset, and reconnect with yourself—leaving you feeling lighter, clearer, and ready to step into the rest of the year with renewed energy.

We also offer group retreats throughout the year. Visit our [website](#) to check upcoming group retreats.

Read on to find out more about creating your own Aurora Private Retreat.

SUPERCARGE YOUR WELLBEING



AURORA DAY RETREAT SAMPLE ITINERARY

DAY 1

9:30am	Arrival at Aurora Spa & Bathhouse
9:45am - 10:45am	Introduction & Morning Coastal Walk
11am	Morning tea served at Coppins Lounge
11:30am - 1pm	Workshop with Linda Franke
1pm	Lunch
1:45pm - 3:45pm	Unwind and relax with Aurora's Bathing Ritual
4pm	Finish

*This schedule is intended as a guide only. Final schedules will vary according to availability and guest preferences.

Visit our [website](#) to check upcoming dates and reserve your time to retreat.