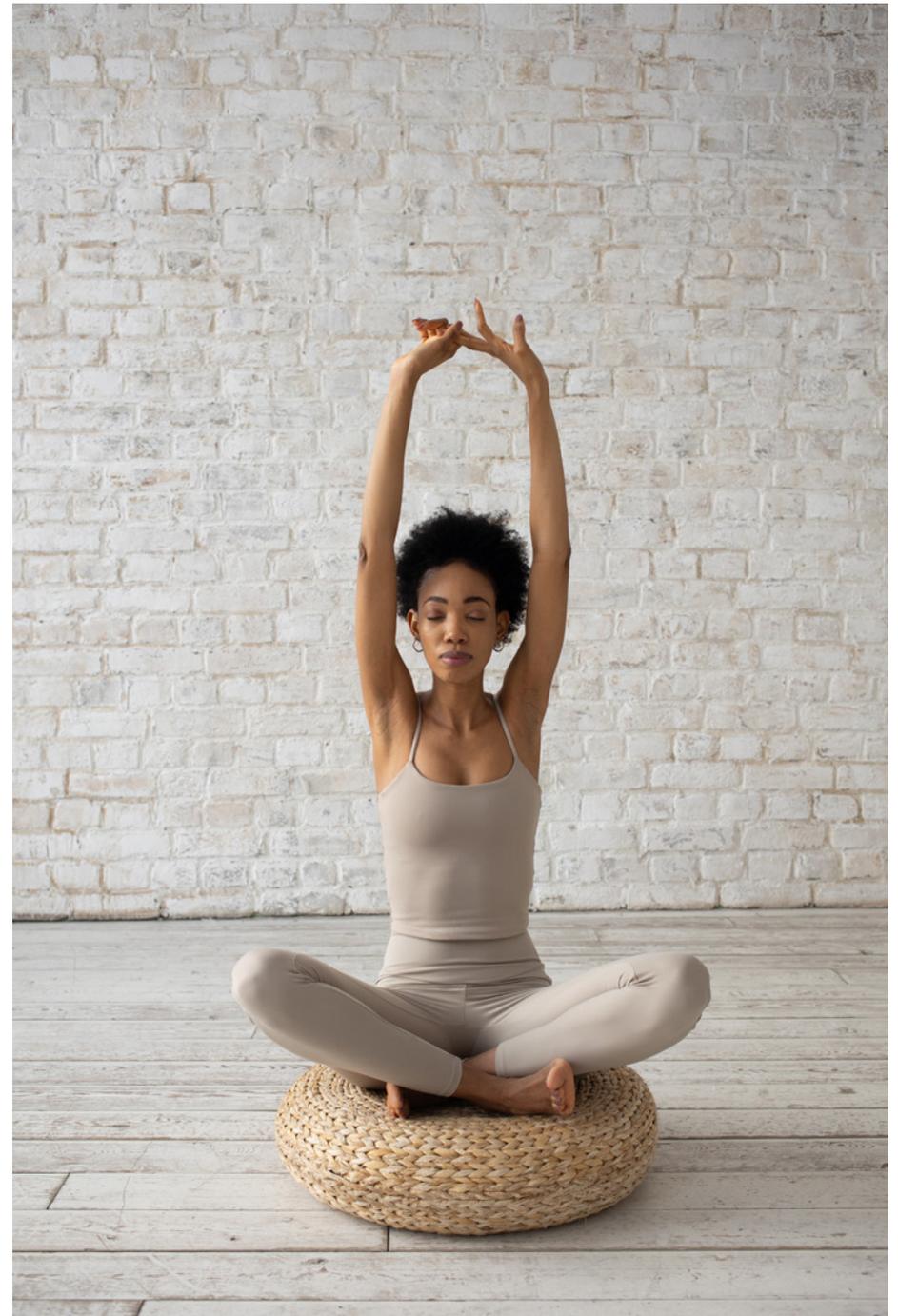




SODASHI RETREAT
BY COMO SHAMBHALA

JUNE 9TH TO 11TH 2023





Escape your everyday routine with this exclusive, transformative wellness experience with Megan Larsen: a retreat that uplifts mind, body and spirit.



ABOUT SODASHI



Megan Larsen began making her own skincare products in Western Australia in the early 1990s.

Like many start-up founders before her, she sought to create the product she couldn't find for herself at the time – a 100 per cent natural skin cream that wouldn't irritate her skin in the ways other products did, while also delivering genuine results.

When visitors to her healthcare shop started commenting on her skin and asking her what she was using, she knew she'd gotten the formulation right. Those were the first seeds of what would become Skodashi (which means wholeness, purity and radiance in Sanskrit).





ABOUT SODASHI

Today, Sodashi is a global business that supplies the world's most exclusive spas in more than 25 countries worldwide.

What Megan is most known for, however, is an ethical, self-care-based approach to business that has underpinned Sodashi's ability to maintain its values and grow in a sustainable fashion over its 19-year history.

In 2018, Megan penned her first book, *Start-ups and Self-care*. It shares all the hard-earned learnings and philosophies she's gathered over her entrepreneurial journey and shows the power of building a business from a place of passion, purpose and purity of intention.



ABOUT COMO SHAMBHALA

Meaning 'peace' in Sanskrit, Shambhala alludes to the pursuit of balance. It defines the essence of the COMO Shambhala approach to holistic wellness, combining modern science with ancient practices to align mind, body and spirit.

Our wellness centre at COMO The Treasury is one of our most comprehensive urban developments with a substantial pool and a wide range of treatments, experiences and products.





SCHEDULE

FRIDAY, JUNE 9TH

2.00pm

Check-in

6.00pm

Pre-dinner mocktails and canapés at Wildflower with Megan

6.30pm

Four-course tasting menu at Wildflower with paired wines

2.00pm to 4.00pm

Chakra Balancing and Sound Healing at The Mark

6.00pm

Pre-dinner drinks and canapés at Cape Arid Rooms

6.30pm

Dinner at Post: menu designed by Megan and Executive Chef, Kim Brennan

SATURDAY, JUNE 10TH

From 7.00am

Breakfast at Petition

8.45am to 12.30pm

Ayurveda 'Rain Melody' Meditation at The Mark: session conducted by Megan followed by a brief introduction to Ayurveda and her favourite self-care tips. Juices and COMO Shambhala ginger tea are provided.

Note: The 'Rain Melody' Meditation starts at 9.00am. Guests who are late will be asked to wait outside until the meditation finishes at 9.15am.

Oil Blending Workshop at The Mark:

Megan will guide and educate participants in creating their own Wellness Aroma Blend using Sodashi's pure botanical ingredients.

12.45pm

COMO Shambhala lunch at the Postal Hall

SUNDAY, JUNE 11TH

From 7.00am

Breakfast at Post

9.45am to 12.30pm

Guided Meditation at The Mark followed by Face Zone Therapy: An acupuncture massage treatment that assists with improving vitality.

Note: Guided meditation starts at 10.00am. Guests who are late will be asked to wait outside until the meditation finishes at 10.15am.

To conclude the retreat, a final session will be led by Megan at The Mark. Enjoy refreshments and reflect on the retreat and the past two days.

1.00pm

Check-out. Guests can request a late checkout if they would like to have additional COMO Shambhala treatments before departing.



To avoid disturbing others, and to maintain a peaceful retreat space, please turn your mobile phones off during all our sessions. If you have any concerns or questions pertaining to this, kindly let us know.



COMO
THE TREASURY



COMO SHAMBHALA

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