

The Program

The program has been designed around 8 keys to happiness. Sam will help you discover how these relate to your own life and how you can use this knowledge to design a deeply fulfilling future that will not only inspire you but everyone that is touched by you. The retreat will include sessions on the following topics.

1. Service/purpose
2. Exercise/nutrition
3. Personal development/growth
4. Nature/nurture
5. Beliefs/values
6. Spirituality/breath
7. Finances/career
8. Fun/relaxation



What's Included

- Ten actioned packed sessions with Sam as your guide, coach and mentor.
- A signed copy of Sam's book, "A short course in happiness"
- 5 days and six nights' accommodation in this superb venue
- All meals
- Transfers from Queenstown Airport
- Tours of the surrounding area
- Free time to discover the beauty of this stunning location alone or with friends.

There are only ten places available for this life changing retreat.

Reserve your spot at:

www.happyuhq.com.au/retreat



Happy U HQ

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A Road Trip To Discover Your Inner Sparkle



Book On-line at
www.happyuhq.com.au



Your Guide - Sam Bowker

Sam is the founder and owner of Happy U HQ. and Central Coast Modern Hypnosis.

She is a qualified transformational coach, hypnotherapist and NLP Practitioner whose mission is to help people become the best possible version of themselves. Her passion for helping people to find their life purpose and live an inspired life full of love is legendary.

Sam will host discovery sessions on each day of the retreat.

The Location

Lake Hawea, Otago, New Zealand is a place of intense beauty: A stunning natural lake surrounded by magnificent rugged mountains.



You will be there in spring when the shoreline will be transformed by new growth as winter retreats leaving the still snow-capped mountains rising from the water's edge.

Bring your camera and take home some jaw-dropping pictures for your friends.



The Venue

Situated on 25 acres located high above the shores of Lake Hawea this luxury hand crafted homestead boasts world class lake and mountain views.

It has a grand open-plan living area, with high ceilings and exposed beams, beautiful stacked stone fireplaces indoors and out and a comfortable and inviting lounge and dining area.

Accommodation is twin share.



Kick back with a glass of your favourite wine and absorb the stunning views