

Try Dry July in Bali.

1-5 and 8-12 July



In this specially designed women's-only retreat you will learn to:

- Manage stress at work and home
- Improve productivity and working relationships
- Reduce your alcohol consumption
- Minimise reliance on alcohol

Who should attend.

This retreat is for you if:

- Your first response to deal with a tough day at work is to reach for a glass of wine
- You want to learn to better manage stress without alcohol
- You need to recharge your batteries

What you will get.

You'll be in a super relaxing environment away from the day to day, in our private secluded accommodation away from the hustle and bustle of tourist Bali. There's nothing to do but relax and take time to work on yourself.

- Tailored plan for you to get the most out of your time
- Personalised 1:1 sessions with each of our experts
- Relaxed small group discussion
- Fun activities
- Meditation, yoga, the most amazing ayurvedic recovery treatments

Meet the team.

Our team are Australia's leaders in alcohol and other drug treatment, mental wellbeing and work dynamics.



Professor Nicole Lee, Consultant Psychologist, is one of Australia's leading authorities on alcohol and other drugs. drnicolelee.com.au



Trish Kensell, Organisational Psychologist, is Australia's most senior change manager, and women's executive coach.



Linda Jenner. Mental Health Nurse and a leading expert in the link between mental wellbeing and alcohol

Want to know more?

360edge.com.au/dryjuly | retreat@360edge.com.au | 1300 988 184

Register: trybooking.com/ZGNN



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