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Peaceful Fitness - Weekend Retreats

The keys to health: Nutrition & Exercise

Giving your body the wholesome fuel and resources it craves to function optimally from a whole-foods, plant-based diet, rich in proteins, vitamins, antioxidants, enzymes and flavours, free from the preservatives, sweeteners & industrial processing is a lifestyle born from awareness.

Maintaining activity when it's easy and when it's tough keeps you strong in the high times and helps you recover rapidly from the low times. Invest in your body! It's the best Super working for you every day and night - where you have full control!

Plant-based whole food seminars
Benefits of balanced vegan nutrition
Ingredient substitutes to convert recipes
Guidance for allergies, family catering, etc.
What to cook and what's best to eat raw
Prevent & relieve diabetes & obesity
Ecological sustainability & responsibility
Reduce your CO₂ footprint
Fair-trade economics
10 years experience as a vegan
Now studying BSc. in Nutritional Medicine



Individual personal training
Small group classes
Bodyweight and functional training
Fun outdoor activities
Get involved & grow new friendships
Lower risk of osteoporosis & heart attacks
Increase energy levels & boost mood
Ensure deep, restful sleep
Detox and boost immune system
Improve posture, coordination & memory
10 years qualified as a personal trainer

Connect with kindred spirits in beautiful natural surrounds to escape the obligations of busy routine and kick-start or renew your natural lifestyle with hands-on workshops covering all the above.

Attend a summer retreat weekend local to Sydney's North Shore including accommodation, catering, personal training and seminars.