

*Continue your developmental journey  
with the*

# LMF TRANSFORMATIONAL RETREAT

November 6th, 7th, 8th 2026

Optional Arrival on Nov 5th and Departure on Nov 9th



*Arawaka*

*A Place of Sacred Nourishment  
Kangaroo Valley, NSW*



Institute For Developmental Coaching  
ASIA PACIFIC

Having completed the LMF & Developmental Coaching Intensive we invite you to continue your personal developmental journey and join us in an LMF Transformational Retreats.

The purpose of the retreat is to focus primarily on our personal transformational growth, moving from theory to personal work, healing and transformation.

It is designed and created to continue deeper exploration, as well as creating conditions that generate transformational change, and stabilise growth over time for you personally.

This 3 day residential retreat is held in the beautiful and nourishing nature setting of Kangaroo Valley.

We have designed processes, experiences and rituals that enable the transformational healing of common, stage relevant issues, supported by the presence and energy of your 'tribe'. As we said many times in the LMF workshop, growth and development in the achiever and post-achiever stages is very much about INTEGRATION, or "going backwards to go forwards".

Through these processes we can reflect on, surface and heal our earlier life traumas and attachment disruptions and adaptations. This healing can untangle us from the energy vortexes that usually keep us stuck in the past patterns and not allow us to truly move forward in our later stages of growth and development.

For this to be effective, we need the conditions that create the safe holding space and container for this sacred work to take place. Therefore, we call this work *"Healing in Tribe"*.

On the 3rd day we focus on the future and allow time and space to create the vision and listen to our intuition for what is the future vision that you would like to bring into reality

Costs and program logistics.

You are invited to arrive either on Thursday evening or early Friday morning to start our work together on Friday at 9:30am .

We would have a full three days of exploring together and complete our work on the late Sunday afternoon. You are free to leave after 5pm or welcome to stay the night and leave on Monday morning.

Per person fee is \$3000. Additional fee for accommodation (3 to 4 nights) and all the meals is \$800 for shared 2 bed, one bathroom cabin.

If you do not want to share but want to have whole cabin to yourself with 1 king size bed and bathroom cabin, the supplementary fee will be \$400.

We will be eating mostly fresh organic food sourced from our farm or local producers in the valley.

These retreats are designed to be small and intimate gatherings for the minimum 4 people and maximum of 6 people. Please book early to secure your place in the retreat.

If you are interested in discussing your participation or securing your place, please email us on: [admin@theifdc.com](mailto:admin@theifdc.com) or call Maja on 0401775537 or [click here to register](#)