



SODASHI RETREAT
BY COMO SHAMBHALA

AUGUST 26TH TO 28TH 2022





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 Sodashi (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.





SCHEDULE

FRIDAY, AUGUST 26TH

2.00pm

Check-in

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, AUGUST 27TH

From 7.00am

Breakfast at Petition

9.00am to 10.00am

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.

10.30am to 11.30am

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.

12.00pm

COMO Shambhala lunch at the Postal Hall

2.00pm to 3.00pm

Chakra Balancing at The Mark

3.00pm to 4.00pm

Sound Healing at The Mark

6.00pm

Pre-dinner mocktails and canapés at Wildflower with Megan

7.00pm

Four-course tasting menu at Wildflower with paired wines

SUNDAY, AUGUST 28TH

From 6.30am

Breakfast at Post

10.00am to 11.00am

Guided Meditation at The Mark followed by Face Zone Therapy: An acupressure massage treatment that assists with improving vitality. Megan will also offer personalised wellness guidance for each guest during this time.

11.00am to 12.00pm

A session – led by Megan – to enjoy refreshments and reflect on the past two days at The Mark.

12.30pm

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



COMO
THE TREASURY



COMO SHAMBHALA

For information, please contact COMO The Treasury:

T. +61 8 6168 7899

E. res.thetreasury@comohotels.com