



Private Retreats

Corporate Retreats | Team Building | Think Tanks |
Work Sessions | Inspirational Speakers | Wellness

Anything is possible for your team in 2021...



Who we are

Tula Wellness Retreats is our dream that we brought to life. We are two entrepreneurs that specialize in art, yoga therapy, business, community service and corporate wellness.

'**Tula**' means balance in Sanskrit and that is exactly what you will find on our retreats. Anything you can dream of that will suit your team or agenda; Tula will make it happen.



TULA WELLNESS
RETREATS

Take your business to new heights with Tula.

Let us hold the space for your team in either deep relaxation or deep thought to make 2021 full of innovation, productivity and joy.

What we do



Tailored to your needs

Knowledge is power, so we leave no stone unturned when we get to know your needs and goals. Trust us that this retreat will provide clarity, peace and grounding. Allow your team to reset so they can soar to the heights you know they can reach.



Retreat Management

We work with local businesses to source the most impactful and enjoyable services and activities on offer. With our flawless scheduling and intriguing itinerary, you will leave feeling deeply transformed and ready to handle all of your professional and personal conquests.



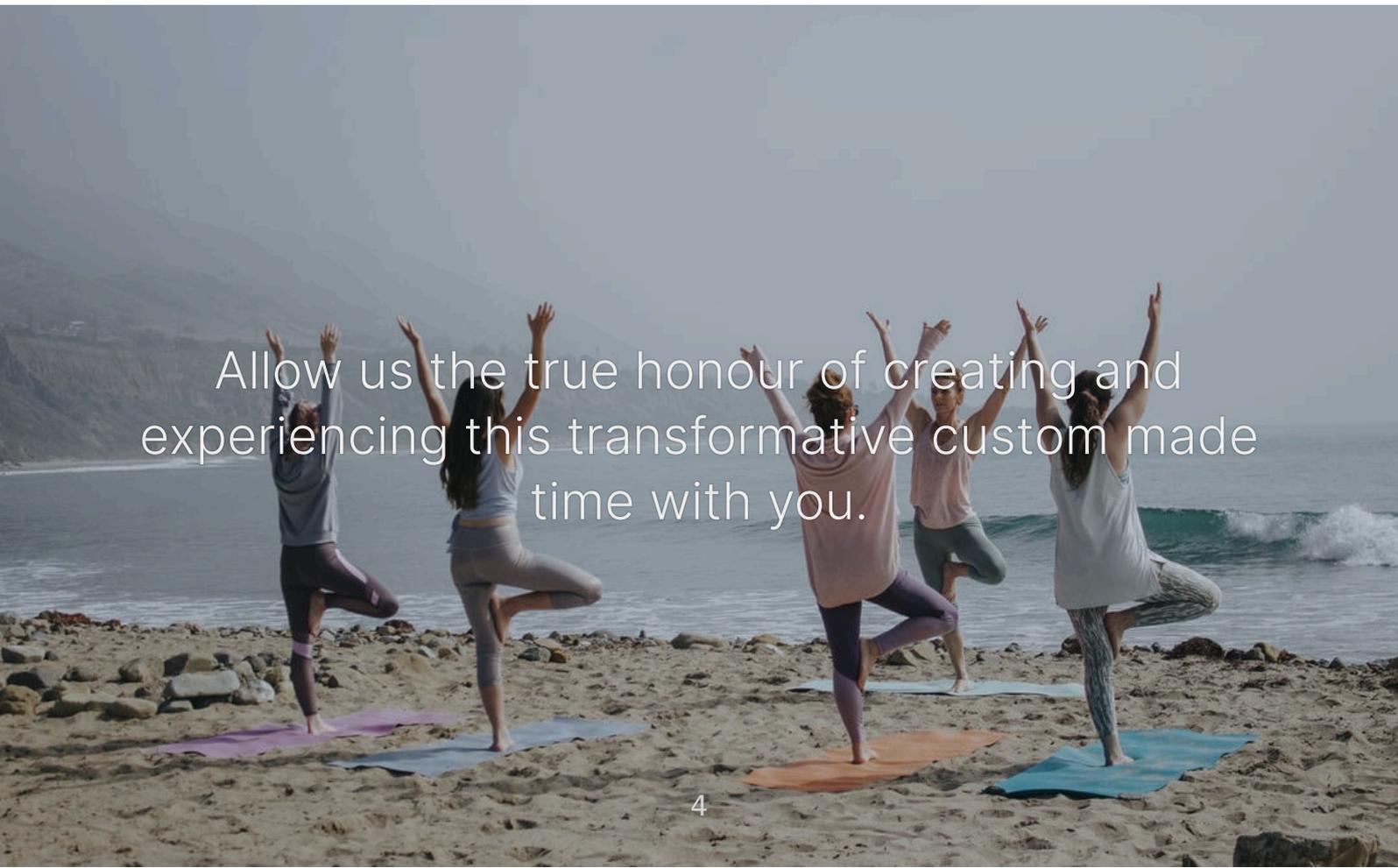
- Hinterland or by the sea
- Art with local artists or art therapists
- Nourishing food and food philosophy from professional chefs and dietitians
- Massages, reiki or other healing practices
- Outdoor activities (bush walks, kayaking, biking, walking)
- Personalized daily yoga therapy practice
- Wellness workshops or special business talks
- Gifts from local small businesses
- Space for brainstorming or team building activities

Why we do this

We want to give like minded people the time and space to step into the world of creativity, innovation and joy

We established Tula Wellness Retreats in 2020. We knew we could find a way to impact people's lives with personalized private escapes. We know what it is like to have a creative block, a tough conversation with a colleague, a change in careers, a momentum that needs nursing, a thriving happy team or a new idea that needs gardening!

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Allow us the true honour of creating and experiencing this transformative custom made time with you.

Meet the team

Tyler Miscannon Facilitator | Always Sunny Yoga Therapy

With experience in corporate wellness and team building at the Flight Centre HQ and other small corporations + training in Yoga Therapy / Yoga for Addiction Recovery / Mental Health and more, Tyler truly embodies Tula!



Carolyn Cooke Facilitator | Yogat

She's a successful business owner who put Australian artwork pieces on eco friendly yoga mats and rocked it! Having a decade long career in project and event management, Carolyn is the spine of Tula!

A cup of coffee on a saucer next to a magazine with a large 'M' on the cover.

"Self-awareness and self-love matter. Who we are is how we lead."

Brené Brown, Dare to Lead

What's next?

Let's continue this conversation

If you like what you saw here, we'd really love to create your dream retreat!

Contact Tyler or Carolyn

We'll respond to you within 24 hours.

Queensland, Australia

[Website](#) | [Facebook](#) | [Instagram](#)

