



WELCOME TO Ferguson Valley Escape Retreats

Run Sheet and Agenda

Our Resort...



Location



Our luxury resort sanctuary is ideally located in the heart of the Ferguson Valley, WA's 'well kept secret', just a short two (2) hours drive south of Perth with an airport in Busselton close by (35 minutes) and train & bus lines to Bunbury (20 minutes)

The beautiful Ferguson Valley Escape is situated in the heart of the valley, providing easy access to some of the best wineries, restaurants, and attractions in the region, such as Black Diamond Lake & honeymoon pool.

You can completely immerse yourself in the beauty of our resort and all its facilities here for you, never having to leave...

Alternatively, you can explore the beautiful region as part of your retreat to enjoy the breathtaking beauty of nature that surrounds us in the stunning Ferguson Valley.

Let us introduce you to our 'Slice of Paradise'...you will never have imagined was here and available for you to enjoy...A well kept secret unlocked!

Our Resort...



The King Palm Room



SLEEPS 2-4
1 KING FOUR
POSTER BED



+ PLUS 2
SINGLE BEDS



+ OUTDOOR
TREETOP
ENSUITE
BATHROOM
WITH SOAKING
BATH AND
WINE BARREL
SHOWER



The Frangipani Room

Queen Room

Sleeps 1-2

1 Queen bed

1 Balcony

+ shared bathroom





The White Lotus Queen Room
Sleeps 2-4
(1 Queen bed + 2 singles + outdoor ensuite bathroom)

The White Lotus



SLEEPS 2 -4
1 QUEEN BED



+ PLUS 2
SINGLE BEDS



+ OUTDOOR
ENSUITE
BATHROOM
WITH WINE
BARREL
SHOWER



Bird of Paradise Double Queen Room
Sleeps 3-5
(2 x queen beds + 1 single + ensuite + outdoor shower)



The Bird of Paradise



SLEEPS 2 -5
2 QUEEN BEDS



+ PLUS 1
SINGLE BED



+ OUTDOOR
ENSUITE
BATHROOM
WITH
OUTDOOR BALI
STYLE SHOWER





The Coconut Room
Sleeps 12

(Shared room – 4 double beds + 4 singles + shared bathroom)

COCONUT ROOM

The Coconut Room



SLEEPS 8-14
4 DOUBLE
BUNK BEDS



+ PLUS 6
SINGLE BEDS



+ ENSUITE
BATHROOM



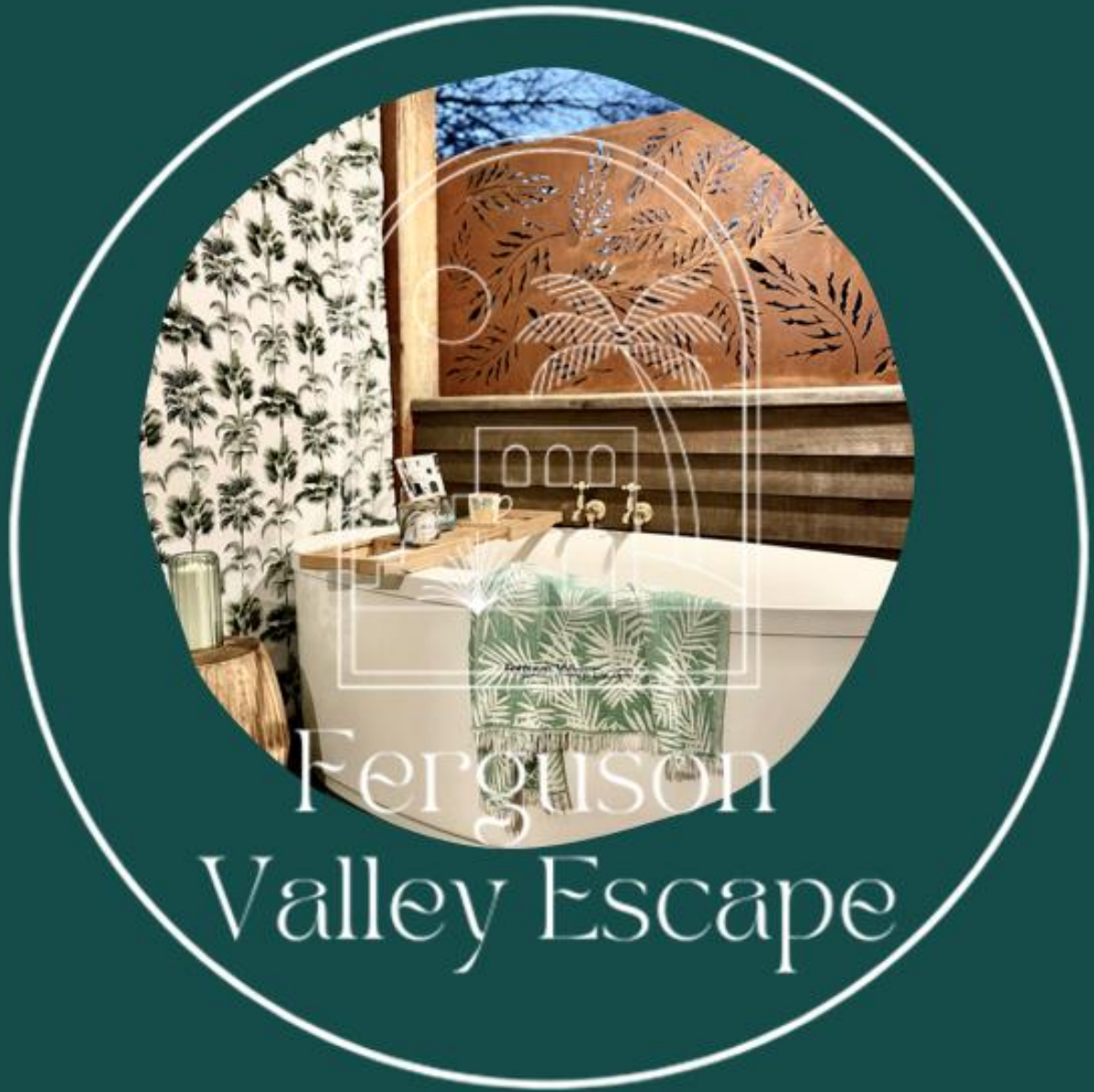
Our resort also boasts 5 luxurious bathrooms, both indoor and outdoor Bali style bathrooms, including 2 large soaking baths with stunning views across the treetops & out to the tropical gardens.

Experience the sounds of nature as you shower and bath amongst the tropical trees and listen to the harmony and peace of this eco sanctuary surrounding your body in healing elements

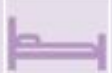
These beautifully designed bathrooms are fitted out with natural travertine stone tiles and palm tree tiles for a very tropical experience and provide the perfect space to relax and unwind, ensuring your stay at Ferguson Valley Escape is as comfortable and enjoyable as possible.

Whether you're planning a family vacation, corporate retreat, or romantic getaway, our resort has the perfect accommodation options to suit your needs. Contact us today to book your stay and experience the ultimate in luxury and relaxation.

ENSUITES & OUTDOOR BATHROOMS



5 Luxury Bathrooms



**EACH
BEDROOM
SUITE HAS AN
ENSUITE
EXCEPT THE
FRANGIPANI
ROOM**



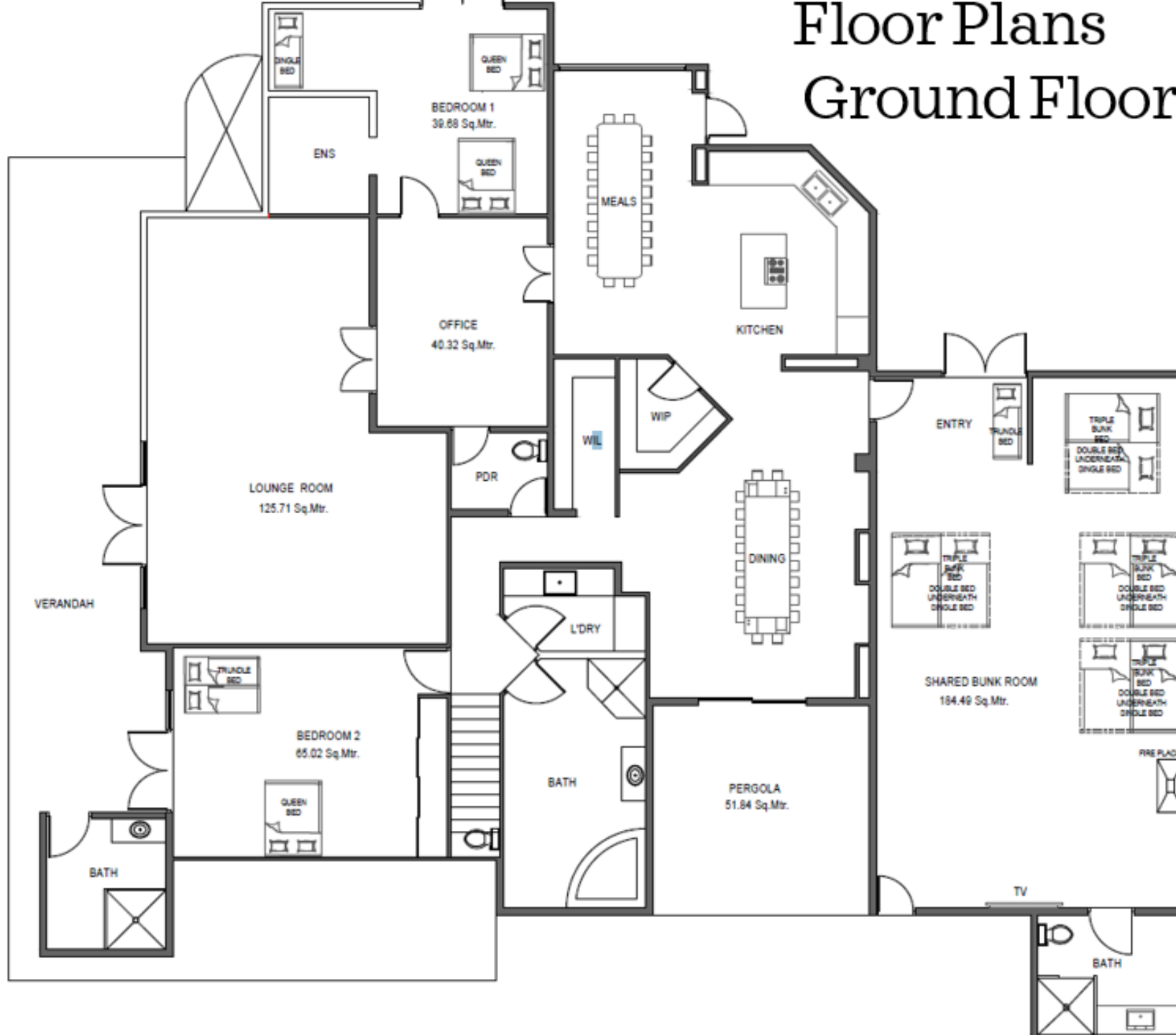
**THE
FRANGIPANI
ROOM HAS A
SEPARATE
BATHROOM
WITH SOAKING
BATH**



**ENSUITE
BATHROOMS
ARE A MIX OF
INDOOR &
OUTDOOR BALI
STYLE
BATHROOMS**



Floor Plans Ground Floor



- ❖ Bedroom 1 Bird Of Paradise
2 x Queen beds + 1 single, ensuite + outdoor shower (sleeps 2-5)

- ❖ Bedroom 2 White Lotus
1 x Queen bed + 2 singles + outdoor ensuite (sleeps 2-4)

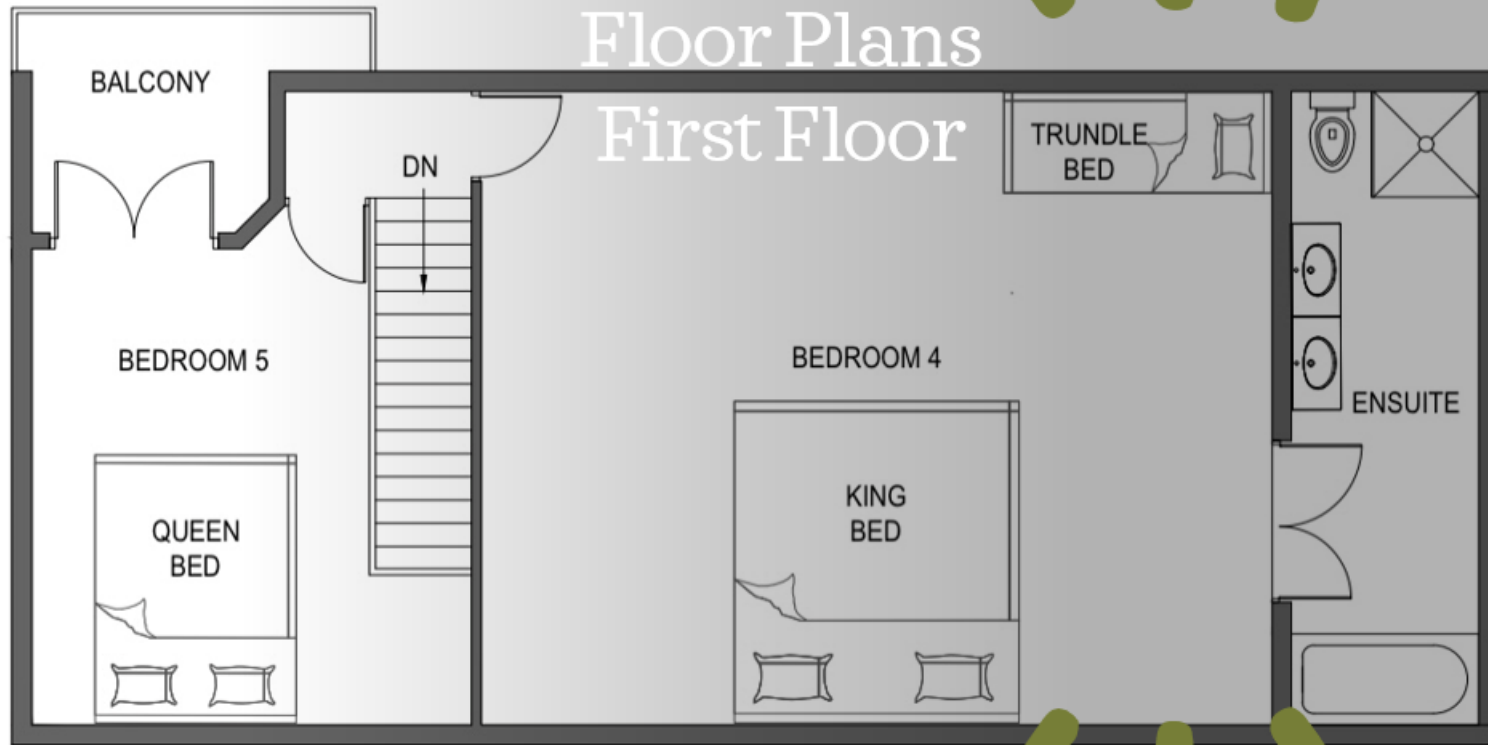
- ❖ Bedroom 3 - Coconut Room - Shared Bunk Room
- 4 double beds + 6 single beds + ensuite (sleeps 8 - 14)

- ❖ Bedroom 4 - King Palm
❖ 1 x King bed + 1 single + treetop ensuite (sleeps 1-3)

- ❖ Bedroom 5 - Frangipani
1 x Queen bed (sleeps 1-2)
Shared bathroom

Floor Plans

First Floor



UPSTAIR FLOOR PLAN

1 x 45-minute Hawaiian massage & 1 x 60-minute foot soak with 10-minute head massage is included in your pamper package.*if you would like extra, let us know, Strictly on availability only

Hawaiian Massage

❖ An amazing way to 'Rest and Restore'
Let our Hawaiian Massage Specialist lull you into relaxation with a hot lava shell coconut oil massage or an Ayurvedic head massage or flower essence foot spa

TIME TO RELAX NOW...
MALUHIA





Agenda

WELCOME MEET & GREET
3

FRIDAY AGENDA
4 & 5

SATURDAY AGENDA
6,7,8,9

SUNDAY AGENDA
10,11,12,13

MONDAY AGENDA &
CHECKOUT 14

FRIDAY ARRIVAL 3PM

Meet and Greet your fellow guests

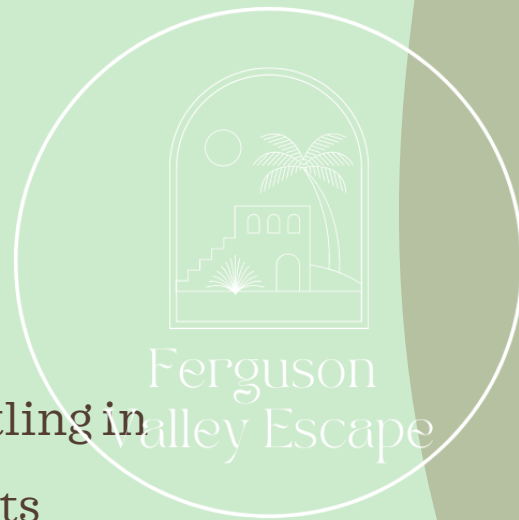
- Tour of property, room assigning and settling in
- Getting acquainted with your fellow guests
- Soaking in the magic of Ferguson Valley Escape

The fun begins...

4pm - Meet and greet your other guests group introduction

6.30pm - Dinner - Pumpkin Coconut chickpea Thai curry with ginger rice, Asian salad & Roti
Dessert- Coconut, Kaffir lime & lemongrass pannacotta with a mango chilli coulis

Therapeutic acoustic sound healing





Catering

At Ferguson Valley Escape, our retreat-style food embodies a 'paddock to plate' dining experience.

With a garden bursting with fresh vegetables and herbs, our chefs lovingly prepare daily meals that nourish both body and soul.

We prioritize health and sustainability, ensuring each bite reflects nature's abundant goodness.

With qualified head chefs on hand, we are here to create delicious experiences through the connection of food, people and health for the mind, body and soul!

Join us for a culinary journey that celebrates the essence of fresh, wholesome dining amidst the beauty of Ferguson Valley.



Sample Menu

First nights welcome Dinner - Aromatic Pumpkin Coconut & Chickpea mild Thai Curry with garlic, ginger rice served with fresh Asian salad of beansprouts, snow peas, coriander and mint with green goddess dressing

Dessert - Coconut Kaffir lime and lemongrass infused pannacotta with a mango chilli coulis.

Or light mascarpone whip dip with fresh seasonal fruit platter

Breakfast - Homemade banana and date loaf with coconut yogurt and caramelised bananas.

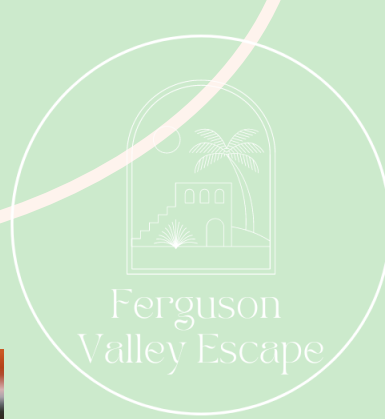
Or breakfast in a jar layered with granola, seasonal fruits, coconut yogurt and fresh strawberry coulis

Long Table Lunches in the garden graze style - selection of homemade dips and terrines, sweet potato rounds topped with arugula, date and cashew crumble on lemon ricotta whip, artisan cheeses, meats, crackers, fresh and dried fruits

Poke bowls of quinoa with salmon, fresh & pickled vegetables with sesame dressing

Or Mexican style poke bowls with black beans, Moroccan spiced chickpeas, guacamole and charred corn salsa

Please note; Our menu's may vary dependant on final guest's food allergies and preferences



DINNER

Vegetarian Pumpkin Curry with ginger, garlic rice

Sauce: blitz up ½-1 red chilli, 3-4 cloves garlic, 1 tablespoon ginger, 1 smashed and finely shredded lemon grass, 1-2 Kaffir lime leaves, 2 tbsp yellow curry sauce & fry in pan for 1-2 mins to release Flavour

Add 2 cans coconut cream/milk

Add 1/4 cup peanut paste

Add splash fish sauce

Add 1 teaspoon palm sugar

Juice 2 limes

Stir and add 1 diced pumpkin and cook until just tender

Garlic Rice

Fry 2 cloves of garlic and knob of finely diced ginger in oil, add 2 cups rice, coat in oil and add 4 cups water & bring to boil, then put lid on and simmer until cooked

Spiced Chickpeas

Drain can chickpeas and dry well, then sprinkle with Moroccan spice and dry fry in pan

Serve pumpkin curry on garlic rice, topped with spiced fried chickpeas & fried roti bread

Dessert

Coconut Pannacotta with Kaffir & Chilli Coulis

PANNACOTTA (Makes 6)

6 moulds

2 cups (500 ml) LIGHT coconut cream

1 1/2 cups LIGHT cream (375 ml thickened cream)

1/4 cup (55 g) white sugar or agave

8 kaffir lime leaves very finely sliced

3 x 2-gram gold-strength gelatine leaves

METHOD

Heat the coconut cream, cream, sugar and lime leaves

In pan until sugar is dissolved and add gelatine and dissolve

Sieve the cream to discard the lime leaves and pour into moulds

Set overnight

LIME & CHILLI SYRUP

1 cup water (250ml) water

150 -200 gms (1 cup) sugar or agave

fresh lime juice 2 limes

zest of 2 lime finely grated

2 red chilli whole

Kaffir lime crushed

Passionfruit, mango and mint (to serve)

METHOD

Add ingredients to pan and bring to a gentle boil and simmer to reduce, then cool.

Turn the pannacotta moulds onto plate, pour over coulis, drizzle with passionfruit pulp and fresh diced mango and mint shavings



Ferguson
Valley Escape

Sound Healing

Immerse yourself into pure relaxation, melting your stresses away with our therapeutic sound healing, preparing you for the best nights sleep



8am Morning Exercise

'Take time to smell the roses & feel the warm bright sun...

Take time to invest in your own self & get back to better health..

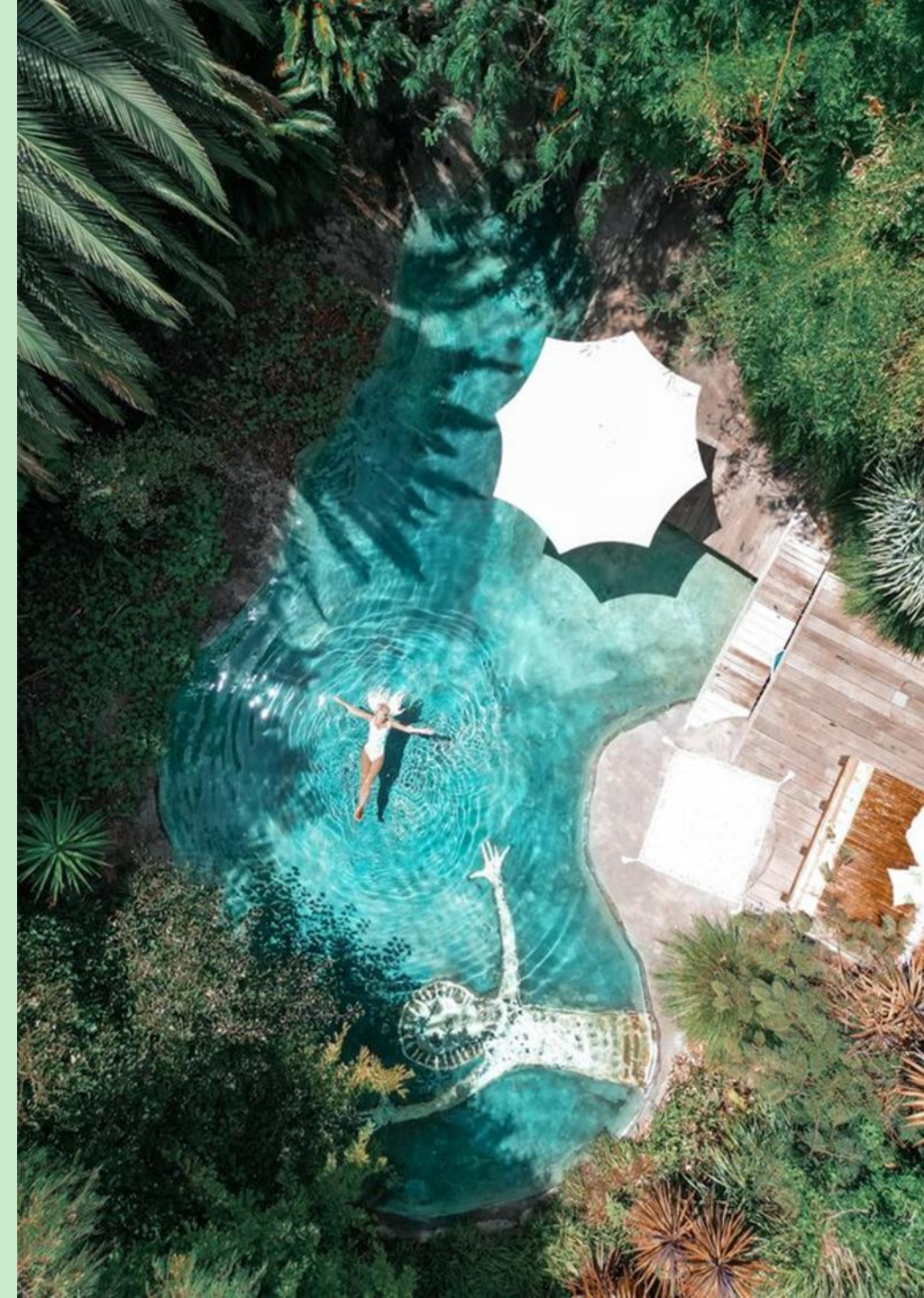
Take time to be the best version you can be & see where your best destiny may lead....

Light Vin Yoga & Natures Bushwalks



Saturday Agenda

- ❖ 8AM Exercise Class
- ❖ 9AM Healthy Buddha breakfast bowls, or fresh egg & roasted veggie frittata or home backed banana & date loaf with caramelized bananas and coconut yogurt
- ❖ 10AM Hawaiian lomi lomi Massages start (you will be assigned a time on arrival)
- ❖ Free time for the others to chill, swing in a hammock, take a refreshing plunge in the spring fed water hole, read a book, take some Zen time, take a lavender soaking bath
- ❖ 12pm Optional cooking demo. Learn how to make Japanese Poke Bowls with our chef
- ❖ 12.30PM + Lunch
- ❖ 1pm - 4pm - Hawaiian Massages continue
- ❖ 4pm - Paint and Prosecco *Optional
- ❖ 6.30pm - Dinner *Chicken Saltimbocca or Vegetarian Option yogurt *menus can vary dependent on guests' allergies
- ❖ 7.30pm - Pamper circle 1 - foot baths and head rubs



Friday Lunch + Optional Cooking Demo

Beef or Veggie Teriyaki Poke bowls

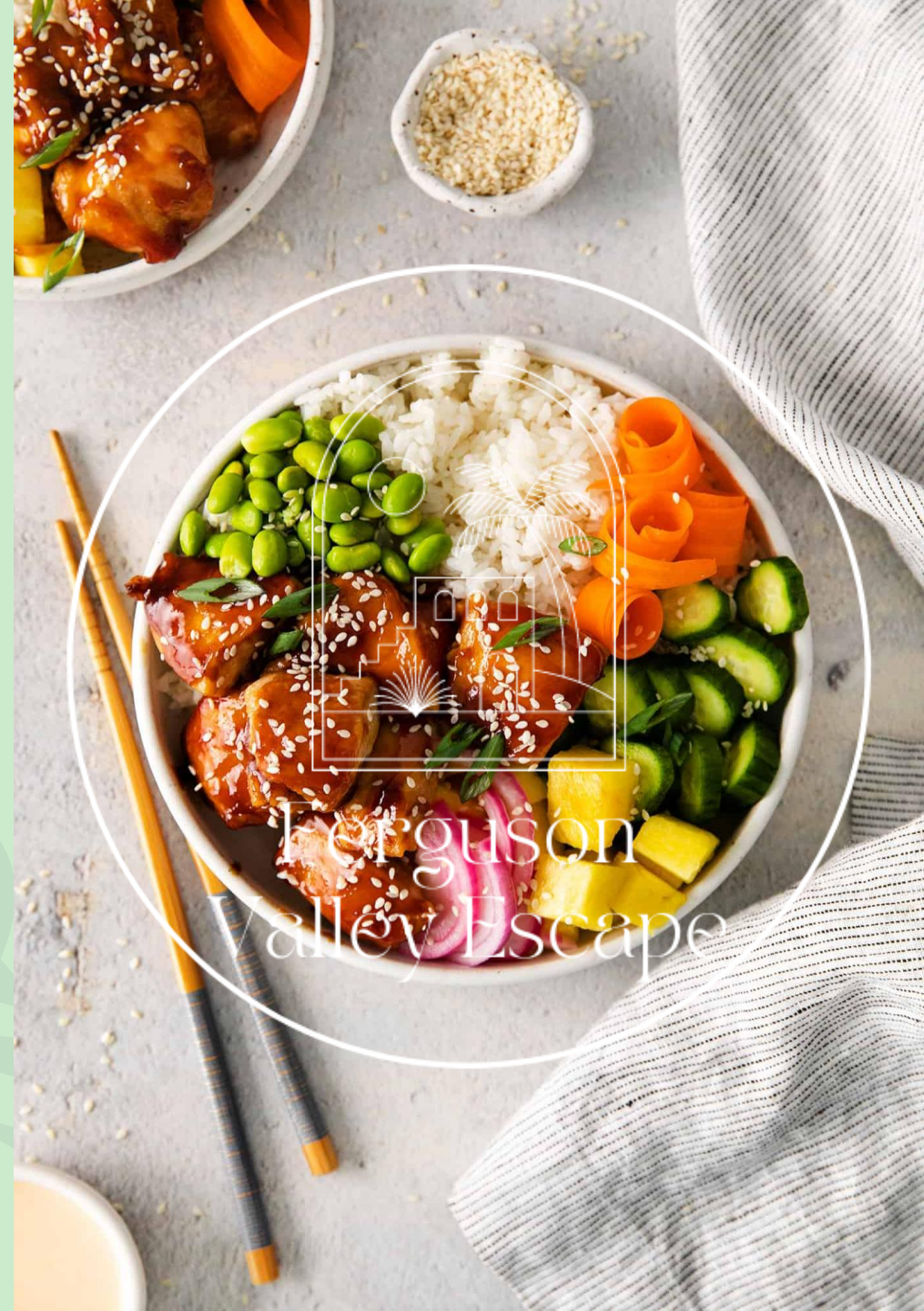
Cook sticky rice, (for 10 pax) when cooked add a few lugs of sake, mirin, few drops of sesame oil and rice wine vinegar, S&P

Sear 6 - 8 chicken thighs or breasts in a pan, add ½ cup of cooking sake, ½ cup mirin, ½ cup soy sauce, 2 tbsp of sugar. When cooked, slice and drizzle with remaining cooking liquid.

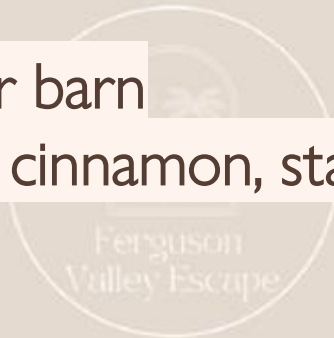
Place rice in bowls & top with sliced chicken, diced avocado, fresh pickled pineapple pieces, carrot, red onion and cucumber julienne, edamame beans, Japanese ginger

For the pickling, mix equal parts of sugar, water and vinegar. Pickle the julienne veggies and pineapple for a few hours or overnight. Serve with a dollop of Kewpie or sesame mayo and sprinkle with sesame seeds

Serves 10



Saturday Dinner, Let's enjoy a special dinner in our barn
Menu; Chicken Saltimbocca and poached pears in cinnamon, star anise
and cardamon with coconut yogurt



Dinner - Chicken Saltimbocca

INSTRUCTIONS

1. Thinly slice veal or chicken cutlets & pound with meat mallet gently) to 1/4 inch thick.

Season the cutlets both sides, with the pepper. Top each with 2 sage leaves and 1 slice of the prosciutto, Cover with a piece of plastic wrap and gently pound the prosciutto into the veal so it sticks and holds down the sage.

Dip both sides of the veal cutlets & shake excess, set aside.

In a large pan over medium heat, add 1 tablespoon of the butter and the olive oil. Once butter sizzles, add the cutlets (prosciutto-side down) & fry in batches until the prosciutto is crisp, about 1 minute per side.

Transfer to a plate and cover with foil. Pour the white wine or masala into the pan, scraping up any brown bits from the bottom, and simmer until reduced by half its volume, about 30-45 seconds. Sprinkle with a pinch of salt and whisk in the remaining butter until the sauce is rich and glossy.

Arrange the cutlets on a platter prosciutto-side up, pour the sauce over the top, garnish with the remaining fresh sage leaves to taste, and serve with lemon wedges.





SUNDAY AGENDA

TIME	ACTIVITY	DURATION	OPTIONAL
8AM	YOGA Class	60 MINS	✓ yes
9AM	Breaky	60 MINS	✓ yes
10AM (ALL DAY)	MASSAGES CONT.	3.5 HOURS	✓ yes
1PM	SURPRISE LUNCH	2 HOURS	✓ yes
4PM	MASSGES CONT.	4 hours	✓ yes
6.30PM 7.30pm	DINNER PAMPER CIRCLE 2		

Sunday Lunch & Recipes



GRAZING BOARD + SALADS

Dips: Homemade; Pesto, Hummus, pumpkin, beetroot, spinach, veggie sticks

Roasted veggie: Roast red peppers, zucchini, eggplant, then layer with basil pesto, & goats' cheese & set overnight

Cheeses & crackers

Sour dough, roasted spiced GF pita wedges

Fruit n nuts

PUMPKIN DIP

Roast the pumpkin (covered in foil)

Blitz with 1 tbsp sour cream, 1 tbsp mayo, 1-2 cloves garlic, onion powder, S&P.

BASIL PESTO

Blitz 2 cups of basil, with small packet pine nuts, ½ cup parmesan, 1/2 cup oil, 1-2 cloves garlic, squeeze lemon juice, S&P

SPINACH DIP

In a blender blitz 2 cups fresh spinach leaves, add ¾ cup mayonnaise, 1 ¼ cups sour cream, 1 teaspoon Worcestershire sauce, 2 teaspoons onion powder 1 teaspoon garlic powder or clove fresh garlic

BETROOT DIP

In a blender, blitz 4 beetroots cooked, 4-5 Garlic Cloves, 1 cup Greek Yoghurt, ¼ cup Lemon Juice, 2 tablespoons Olive Oil, ½ teaspoon ground Cumin, ½ teaspoon ground Coriander Powder, ½ teaspoon ground Cinnamon, 1 teaspoon Paprika, ¾ teaspoon Salt, 1/8 teaspoon ground Pepper, sprinkle with toasted pine nuts, Almonds, Pistachios and Feta

HUMMUS DIP

Blitz in blender 1 can chickpeas or 1 ½ cups (250 grams) cooked chickpeas, 1/4 cup (60ml) fresh lemon juice 1/4 cup well-stirred tahini 2 garlic cloves, 2 tablespoons (30ml) extra-virgin olive oil, plus more for serving (pour over top to keep moist) 1/2 teaspoon ground cumin, Salt to taste, 2 to 3 tablespoons (45ml) water, sprinkle with dash ground paprika, sumac, or Za'atar for serving



9am - Monday Breakfast

10AM CHECK OUT

COCONUT BOWLS WITH TAPIOCA
OR CONTINENTAL PICK AND MIX

INGREDIENTS

- ❖ 1 BOX TAPIOCA
- ❖ PACKET CHIA SEEDS
- ❖ 2 TINS COCONUT MILK
- ❖ FRESH FRUIT AS DESIRED
- ❖ TOASTED COCONUT SHAVINGS

METHOD

- ❖ SOAK THE TAPIOCA AND CHIA IN MILK OVERNIGHT
- ❖ ADD TO A BOWL AND TOP WITH FRUIT OF CHOICE AND COCONUT SHAVINGS & SERVE

*PLEASE NOTE: ALL MENU SELECTIONS SUBJECT TO CHANGE DUE TO ALLERGIES, SEASONAL PRODUCE, OR STOCK AVAILABILITY.



Start your day with therapeutic yoga followed by a healthy breakfast to make you feel amazing

Thank you

FOR CHOOSING FERGUSON VALLEY ESCAPE
& ELEVATE RETREAT...

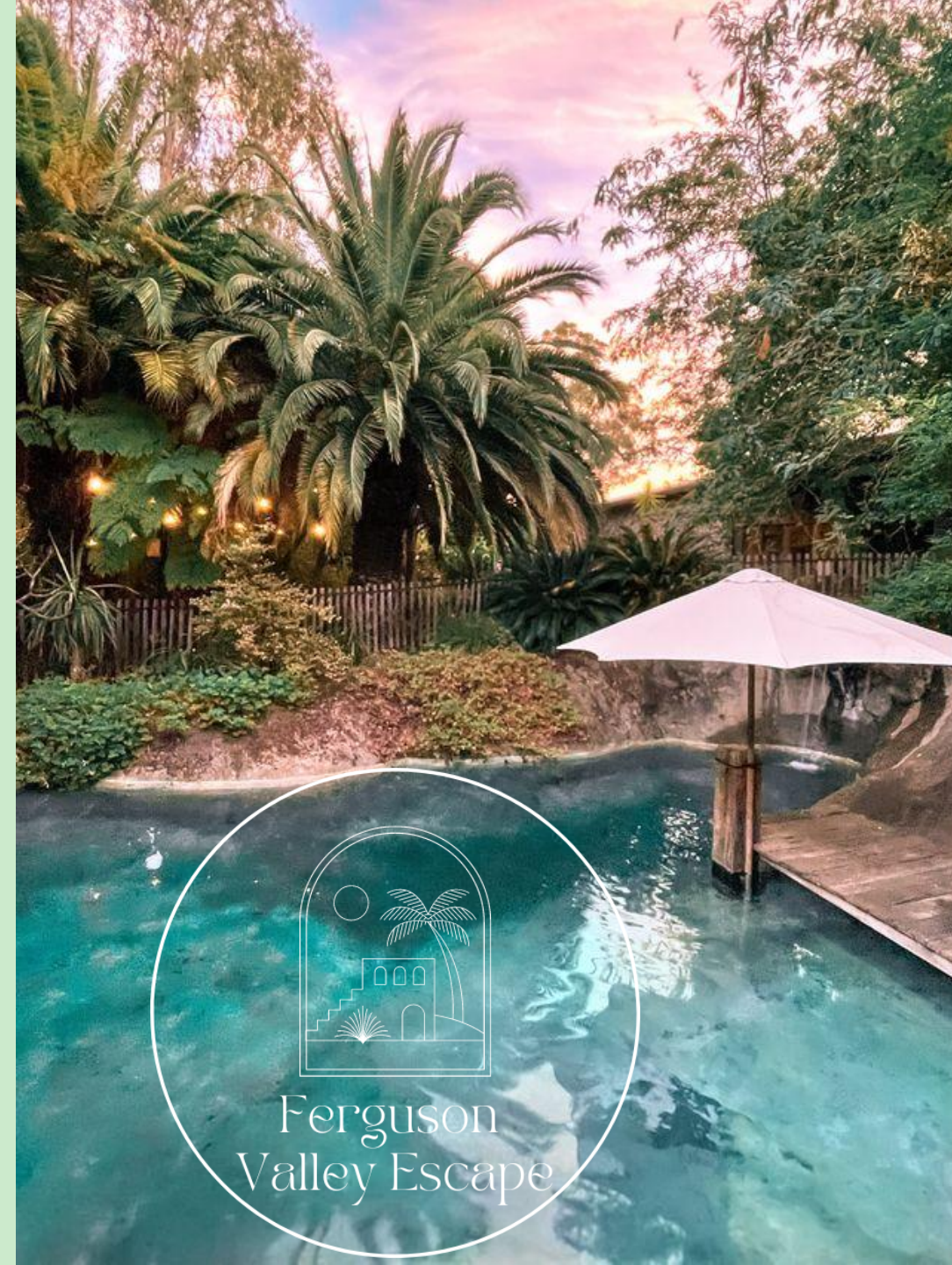
WHERE WE AIM TO LET WOMEN
DISCONNECT, RECONNECT WITH NATURE &
TAKE PRECIOUS & NEEDED TIME TO OUR
OWN SELVES...

REJUVENATE OUR SOULS, NOURISH OUR
MINDS AND OUR BODIES, WITH HEALTHY
FOODS AND THERAPEUTIC ACTIVITIES TO
GIVE YOU A TASTE OF FREEDOM, PEACE &
SERENITY WITHIN THAT SPACE...

A SANCTUARY FOR YOUR WELLNESS...

WE SEND YOU HOME ON A NEW JOURNEY
FILLED WITH LOVE, LIGHT, PEACE AND
HAPPINESS DOING THE THINGS WE NEED
TO DO MORE FOR OURSELVES...

AND THAT IS...
TAKING CARE OF YOU FIRST!



You are not leaving us...

You are leaving a part of
you with us...

And for us, we leave a part
of us with you...

Until we meet again...

Sasha & Marty Ott



WE WOULD LOVE YOU TO SHARE YOUR
JOURNEY WITH US...

PLEASE SHARE YOUR PHOTO'S, VIDEO'S,
TESTIMONIALS & POSITIVE THOUGHTS WITH
US AND HELP US TO CONTINUE TO GROW,
NURTURE & HELP WOMEN IN THEIR
JOURNIES

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- ❖ BOOK ANOTHER RETREAT, BRING A FRIEND AND RECEIVE A \$500 DISCOUNT

Contact Us Today

Contact Us info@fergusonvalleyescape.au

Director Sasha +61 409 909 695

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We look forward to welcoming you at Ferguson Valley Escape

