Menopause Reset Retreat

A whole weekend to understand what is changing, feel better in your body, and leave with a plan that actually fits your life.

Friday 23 - Monday 26 April 2027 · 3 nights / 4 days



The full weekend retreat

Stay, learn, rest and reset with us - menopause education sessions woven through all the rest and restore you love.

Just Saturday afternoon?

Join us as a day guest on **Saturday 24 April, 1pm - 5pm** for the menopause and peptide talks. **$99, afternoon tea included.**



MEET YOUR HOST

Sasha Ott — your host & owner of Ferguson Valley Escape

Two hours south of Perth · 12 acres · Sleeps 20 · Spring-fed magnesium pool, day spa and sauna



WHAT WE WILL COVER

Understand the change. Feel like yourself again.

If menopause has arrived with symptoms you did not expect - and a waistline that will not budge no matter what you do - you are not alone, and you are not imagining it. This retreat brings the education together in one calm, supportive weekend, with time to ask questions and space to rest.

Menopause, explained clearly

- Perimenopause and menopause - what is happening and why
- Common symptoms, from hot flushes and broken sleep to brain fog, mood and joint aches
- Why weight gain happens at menopause, especially around the middle
- Your options, including hormone therapy, natural approaches and lifestyle support

Strategies you can use at home

- Better health and better sleep
- Diet and nutrition that supports weight loss
- Exercise that works for a changing body
- Simple, practical steps for lasting weight loss

SPECIAL OFFER

Come for the whole weekend retreat & bring a friend

YOU SAVE $500



THE PEPTIDE TALK

What is the new buzz about peptides?

Peptides are everywhere right now - talked about for weight loss, energy and better health. So what are they, what does the evidence actually say, and what is safe?

Join peptide specialist Arjan Ruba for an honest, educational look at the curiosity, the evidence and the safety questions - so you can make informed decisions with your own health team.

This retreat offers education and wellbeing support. It does not diagnose or prescribe, and it does not replace individual medical care. Please keep working with your own GP or specialist for personal medical advice.



YOUR SPEAKERS & YOUR WEEKEND

Learn from specialists, rest like it is a holiday

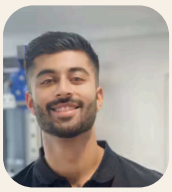
Michelle and Arjan work alongside one another, and together with Sasha Ott, your host and owner of Ferguson Valley Escape, they present the best, most up-to-date educational information on menopause and peptides for better health and wellbeing.



Michelle Nazaroff - 'World Champion Natural Bodybuilder'

Hear Michelle's story of how she went from being overweight to winning a gold medal.

Michelle specialises in working with women going through peri and menopause, and in 'how to get our sexy back' - through easy exercise and nutrition regimes that are gentle yet effective for peri and menopausal women.



Arjan Ruba - Peptide Specialist

NAD+ and Peptide Expert, Accredited Exercise Physiologist, and founder of The NAD Clinic (Perth / Busselton). Arjan leads The Peptide Talk on Saturday afternoon.

Real stories, real results

Both Sasha and Michelle are success stories on the peptide journey led by Arjan Ruba, 'the peptide guru'. They will be showcasing their before and after stories and strategies, to show you what options are available and what actually works.

All the pampering you love, with menopause sessions sewn in

This retreat gives you all the pampering you love from our 'Rest & Restore' Retreats but with menopause strategy sessions sewn in. We have made room for the menopause sessions, so the weekend stays unhurried:

- Chef-prepared meals
- Hawaiian Massage
- Lavender soaking baths in Bali-style bathrooms
- Sound healing, yoga and guided bush walks
- Surprise lakeside picnic
- Spring-fed magnesium pool and infrared sauna
- Plenty of unhurried time to rest, swim and just be





TWO WAYS TO JOIN US

Choose the weekend, or just Saturday

BONUS FOR EVERY LADY - All ladies will receive a FREE body health & composition check worth $195

1 Full Weekend Retreat - Friday 23 to Monday 26 April 2027

3 nights / 4 days, all-inclusive: accommodation, chef-prepared meals, all menopause education sessions including The Peptide Talk, Hawaiian Massage, yoga, sound healing and full use of the venue.

Room	Price per person
Sisterhood Suite - single bed	**$1,299**
Sisterhood Suite - double bed	**$1,599**
Sisterhood Suite - queen bed	**$1,699**
Private King / Queen suites with ensuite	**$1,749 - $2,999**

Last spots left - last chance to book. Book via our website, by DM, or call 0409 909 695.

DAY SESSION - $99

2 Saturday Day Session - 24 April, 1pm - 5pm

Can not stay the weekend? Come for the afternoon that matters most. Day guests join our retreat guests for the menopause and peptide talks, with afternoon tea included.

- Menopause symptoms, weight gain and your options - explained
- Strategies for better health, sleep, diet, exercise and weight loss
- The Peptide Talk with Arjan Ruba - the buzz, the evidence and safety
- Afternoon tea included in your $99 ticket

Tickets $99 per person. Book your day ticket via the link on our website - head to www.fergusonvalleyescape.au



Ferguson Valley Escape - just two hours south of Perth

www.fergusonvalleyescape.au · info@fergusonvalleyescape.au · 0409 909 695

DM us for more information or to book.