



Mother-Daughter Retreat

Join Dr. Olivia Chatt and Tania Henry, registered psychologists and mums of two, at Mandoon Estate, Swan Valley, Feb 2023



Stay

Stay in luxury accommodation at Mandoon Estate, Swan Valley and enjoy all inclusive chef-prepared meals



Learn

Engage in concurrent mother daughter group sessions, with topics such as "Understanding Tweens" and 'self-care



Connect

Connect and enjoy a variety of activities with your daughter including yoga, konga, and a ladies long lunch '

Book now at www.cocoonwellnessretreats.com.au