



10 - 13 September 2026

Silent Meditation Digital Detox

For the one ready for deep change.
Log out of the overstimulation.
Retrain your mind. Reclaim your inner freedom.

We are living in a time where everything is grabbing our attention and it is completely dysregulating our nervous system and altering our neurology.

Z

Warning.

This experience has the potential to change your life, starting from the inside out.

Our 'Vipassana-inspired meditation no tech silent journey' has been created for the Human Being that's feeling the effects from our fast-paced, tech dominant new age existence... and wants to come Home.

Did you know?

The human brain is processing far more information daily than at any point in history, leading us to "information overload". Constant digital input reduces our deep thinking and focus capacity... anyone else catch themselves 'task-switching' all day?

Constant 'busyness' keeps our body in sympathetic activation (fight/flight), increasing cortisol, anxiety and stress overload that reduces healing capacity and integration. Lack of mental recovery reduces emotional regulation and increases reactivity, decision fatigue and burnout.

Vipassana can increase grey matter density, improves neural connectivity, enhances information processing speed, cognitive performance, working memory, attention and cognitive flexibility.

On the level of Self Discovery

Get quiet enough to hear your internal guidance. Constant input such as phones, full schedules and communication keeps our attention outward.

Vipassana trains you to observe sensations, thoughts, and emotions as they are, so the habitual reactions or conditioned thoughts become visible. Instead of acting on them, you learn to observe without attaching to them.

This is where real inner freedom *begins*...

Discover a deeper sense of identity. Without conversations, relationships, devices or roles to play, you are no longer reduced to your job responsibilities, your stories or comparisons to the world.

What remains is a quieter, more spacious sense of Self... Sounds **liberating**, right?

1 day Sample Itinerary

6am: Morning sunrise silent meditation to utilise the morning brainwave state

7am: Hatha yoga continues the meditative state into mindful movement

8am: Breakfast and free time to be with nature and use facilities

10am: Guided meditation focused on a single point of awareness

11am: Break and free time to use facilities, journal, or wander the property

12pm: Lunch, accompanied by guidance of mindful, sensory eating practice

1:30pm: Guided meditation focused on a single point of awareness

2:30pm: Free time to enjoy facilities, rest, sit with a warming tea, and integrate

4:30pm: Mindful movement practice of Qi Gong and walking meditation

5:30pm: Break and dinner, served as a new offering at each mealtime

7pm: Yin and sound therapy journey

8pm: Free time to utilise facilities and relax before sleep

The above sample itinerary is subject to change to best serve the outcome of the retreat experience

The itinerary is designed to be much more forgiving than a traditional 'Vipassana' silent meditation retreat; malleable and supportive no matter where you are coming from. Utilise our wellness facilities, journal, be with nature, rest, or go for a mindful stroll in your free time.

You can pre-book a 1 hr massage or a 45-minute Reiki energy healing session.

The Facilitator

Co-founder Ruby is a Holistic Practitioner, soul enthusiast, and creative. Her foundations are shaped by Zen philosophy and embodiment modalities, called by the desire for intentional living and the exploration of consciousness and self-development. Her core principles of service have been woven together through energetic and wellbeing education along with her personal experiences of life; a journey that is ever unfolding with continuous 'lessons' in 'humaning'.

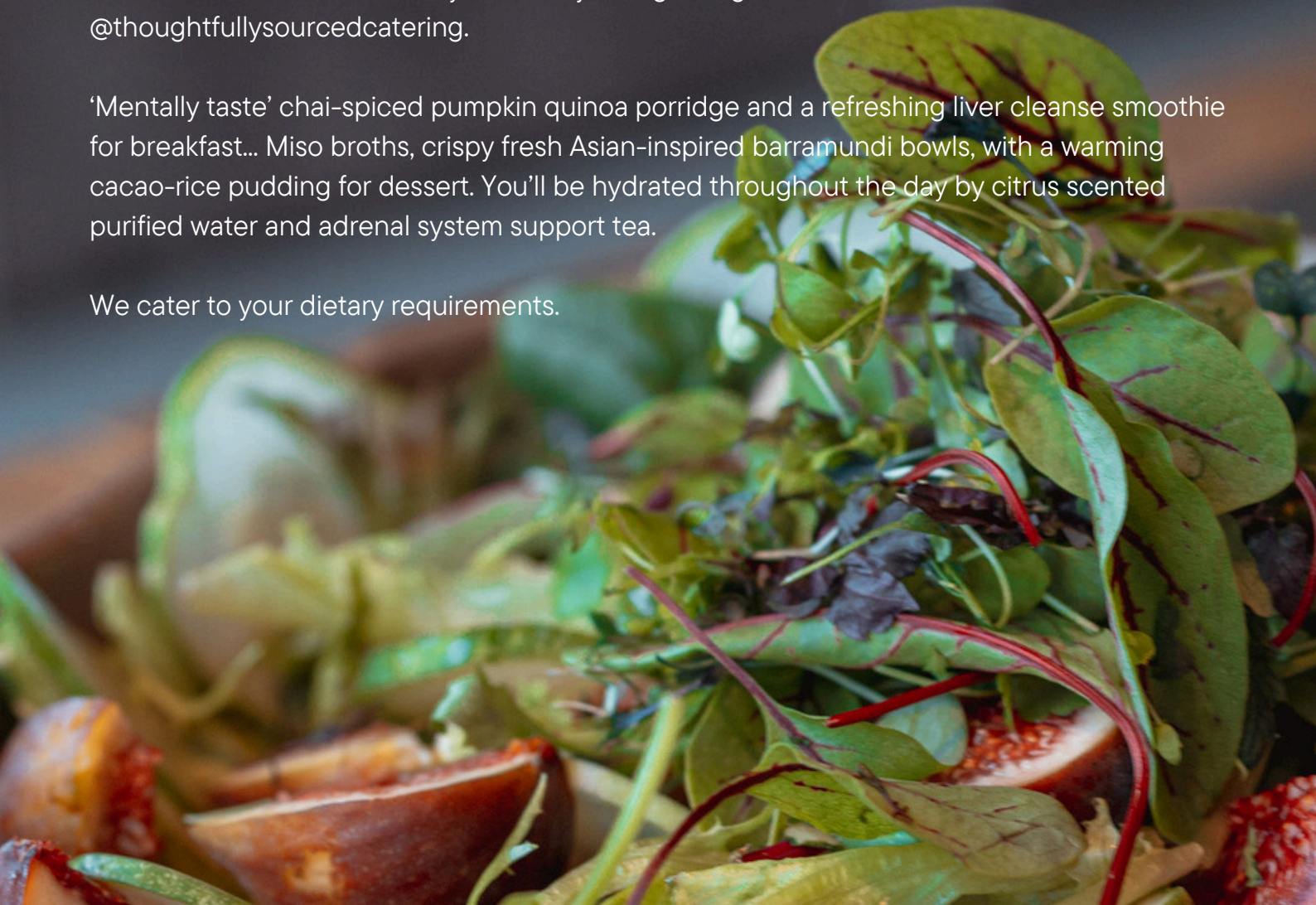
Ruby is trained in an array of meditation modalities, having sat multiple 10-day Vipassanas in groups and solitude as well as running silent retreats at Zensi. She began these silent experiences in her early 20's after seeking out how to better cope with the challenges of life. *"To be offering this opportunity to others is a great honour".*

The Chef

Nutrition is especially important to align with the intentions of our retreat. You will be nourished with an Ayurvedic-inspired pescatarian and vegetarian, seasonal produce menu; formulated to provide harmony and gentleness on the body and spirit; to support, purify, cleanse and restore. Heartfully served by Mudgee region chef Jess @thoughtfullysourcedcatering.

'Mentally taste' chai-spiced pumpkin quinoa porridge and a refreshing liver cleanse smoothie for breakfast... Miso broths, crispy fresh Asian-inspired barramundi bowls, with a warming cacao-rice pudding for dessert. You'll be hydrated throughout the day by citrus scented purified water and adrenal system support tea.

We cater to your dietary requirements.



If this speaks to you, take the initiative.

Save 20% with **Early Bird Pricing** valid until 16/6

Glamping Teepee (king single) - ~~\$1,750~~ **\$1,400** - [Book Now](#)

Bedroom 2, 3, 4 (king bed) - ~~\$2,000~~ **\$1,600** - [Book Now](#)

Master suite (king bed) - ~~\$2,250~~ **\$1,800** - [Book Now](#) (1 spot remaining)

Book direct on links above or organise a discovery chat with Ruby via email [**info@zensiretreat.com.au**](mailto:info@zensiretreat.com.au)

Additional information

This retreat requires you to bid farewell to your devices. Special circumstances are respected.

This retreat is open to all.

There will be a preparation protocol before commencing.

Optional add-on experiences

Full body immersion massage - \$140 for 1 hour

Reiki and energetic balancing - \$120 for 1 hour

1:1 Nervous System Down Regulation - \$60 for 30 mins

Bodywork - \$180 for 1.5 hour



A personal note from the Co-founder and Facilitator

“Silent meditation, no-tech experiences have changed my life”

I am passionate about bringing this into the world via the platform of Zensi because now more than ever, humans are really struggling with modern existence. For me, these ‘resets’ are more powerful than any other retreat, psychology session, healing modality, or self-help book because you are processing and rewiring in real time, whilst meeting yourself in a way that I’ve only found available through the quietening and physical time in that state. In honesty - it’s not necessarily easy. It can be confronting, uncomfortable, and challenging... all worth it for the long-term gains.

It’s supported my psyche (consciously and subconsciously), the relationship with my body, the way in which I navigate life, and acts as a reminder of what’s important. There have even been physical effects, like looking younger afterwards due to cellular repair. It’s helped my creative process and heart-centred connection, supporting my sense of Self and connection to something far greater.

Although no experience in mindfulness practices is required, there will be suggested preparation and tips for the best outcome.

GET IN TOUCH

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