



PIVOTAL HEALTH

A SYNERGISTIC APPROACH

Join Jo Callender and Jenna Carroll on a transformative journey to truly understand and appreciate the extraordinary vessel that carries you through life—an amazing piece of design that is often taken for granted.

This four-day program will explore how to reset a deregulated nervous system and empower your body's in-built ability to heal itself. We'll provide you with the knowledge and actionable steps to create a strong, healthy internal environment, giving you control of your long-term well-being.

This is your invitation to begin living with greater ease, enduring vitality, and a longer happier life.



HELPING YOU BECOME VIBRANT, RESILIENT, AND ALIGNED.

YOUR HOST JO CALLENDER

Hi, welcome and thanks for your interest in our upcoming retreat.

With 25 years of clinical experience, Jo Callender is a dedicated healthcare practitioner committed to helping you thrive.

Her educational journey began with foundational training in remedial massage and lymphatic drainage. She then solidified her knowledge with a Health Science Diploma in Kinesiology, which included a deep dive into nutrition and the crucial link between the gut and overall health.

Jo has continually broadened her expertise with further studies in musculoskeletal acupuncture, dry needling, stretch therapy, visceral manipulation, and Craniosacral Therapy.

Her comprehensive background is continually being updated by working with and being mentored by leading industry experts.



"I've personally embarked on a lifelong journey, becoming a scientist with my own body to explore countless ways to bring my nervous system and overall health back into harmonious balance. This isn't just theory for me—it's a lived experience. My deepest desire is to guide and empower you to connect with your body's full potential for optimal health, helping you live with greater ease, resilience, and vitality."

UNPLUG, RECONNECT & TRANSFORM: WHAT AWAITS YOU

This retreat is designed to guide you towards a deeper understanding of your body, mind, and spirit, fostering lasting well-being.

01

Stress and the nervous system

Gain insights into how your nervous system influences stress responses, and learn practical tools to switch off, be present, and cultivate calm.



02

The gut brain connection

Discover why your gut is often called your "second brain" and learn essential strategies for optimal digestive health, why fibre is so important, and how to deal with insulin resistance, including the critical role of electrolysed water.



03

Movement and body awareness

Harness the power of Stretch Therapy to improve flexibility, reduce tension, and enhance your athletic performance – whether for golf, another sport, or simply daily life.



Inner wisdom and healing

Experience the gentle yet powerful benefits of Craniosacral Therapy and guided Meditation, gaining an insight into your body's inherent capacity for healing and self-regulation.

04



05



Joy & play

Reconnect with the joy of being in the moment and rediscover the importance of fun as a vital component of holistic health.

GUEST PRACTITIONER



You'll also learn from **Naturopath Jenna Carroll**, adding another layer of expert knowledge to your wellness journey.

Jenna is a degree-qualified Naturopath with over a decade of experience in the health industry, including seven years in clinical practice.

She helps clients improve their health with a personalized, whole-person approach that addresses the root causes of their concerns. Drawing on a Bachelor of Health Science and additional training in functional testing and Human Design, Jenna utilizes methods like nutrition, herbal medicine, and lifestyle counselling.

Jenna is dedicated to creating a safe space for her clients, empowering them with the knowledge and tools they need for lasting wellness.

YOUR SANCTUARY: THE OAKS RANCH EXPERIENCE

Venue: Immerse yourself in the magic of The Oaks Ranch, a boutique hotel nestled on the stunning South Coast. Managed by Executive Chef Josh Tyler, known for his award-winning culinary ventures (including a Sydney Morning Herald Chef's Hat and Gourmet Traveller Wine Goblet), you're assured of an exceptional gastronomic experience. The property exudes a special, serene feel, perfect for rejuvenation.

Ranch Amenities & Activities: Explore and enjoy the on-site golf course, magnesium pool, beautiful nature walks, an internationally graded bike trail, stunning beaches, and great surf.



9 holes



2,042 holes in total



35 par (with a number of par 4 and 5 holes)

WHAT'S INCLUDED



- 4 nights' luxurious accommodation at The Oaks Ranch
- Daily gourmet breakfast and dinner curated by Executive Chef Josh Tyler
- Access to the golf course
- Daily Stretch Therapy classes.
- Complimentary Craniosacral Therapy session.
- Guided Meditation sessions.
- insightful talks and discussion on the gut-brain connection, and the underutilized benefits of ionised water for your overall health.

**Lunches and beverages not included - however a light lunch menu will be available*

DATES & INVESTMENT

ARRIVAL Monday 27th October 2025

DEPARTURE Friday 31st October 2025

PRICING Solo Retreat: From just \$1895. Bring a Partner: From just \$2999 for two people

With only **11 rooms**, The Oaks Ranch offers a truly intimate and personal setting for your retreat. This small group size is designed to foster a deeper sense of connection, so we recommend booking early to secure your spot.

Rooms can be taken as singles or doubles, offering a wonderful opportunity to bring your partner along for a taste of these highly beneficial practices.

Secure Your Spot:

A 50% non-refundable deposit is required to secure your place at the retreat by 1st September, 2025. Full payment is then due by 1st October, 2025.



PIVOTAL HEALTH

Ready to unlock your full potential
for optimal health and vitality?



0414 978 628



jocall@iinetnet.au



pivotal-health.com.au