



# GUIDED IMAGERY & MUSIC ON NORFOLK ISLAND - GOING BACK IN TIME ESCORTED BY GAIL GODFREY 30 OCTOBER - 6 NOVEMBER 2018

Music imprints itself on the brain deeper than any other human experience.

Join Gail Godfrey, a registered Guided Imagery and Music Therapist (RGIMT) Musician, Teacher and Counsellor, on this wonderful 8 day Norfolk Island experience.

The healing power of music has been recognized since ancient times. Music touches our personal depths crossing through verbal barriers and providing insights and meaning

on several levels. Guided Imagery and Music is a process of listening to classical music in a deeply relaxed state of consciousness to stimulate imagery, sensations, feelings and memories that help lead to emotional and spiritual transformation.

Please note that musical and artistic skills are not needed for this experience to be successful. Book your place now as numbers are limited.



**\$2,685**  
\* per person Twin Share  
ex BNE

**\$475**  
\* Single Supplement  
ex BNE



<b>INCLUSIONS &amp; HIGHLIGHTS</b>		 <p><b>BOOK YOUR TRAVEL INSURANCE WITH GO SEE TOURING &amp; RECEIVE A 25% DISCOUNT</b></p>
Return airfares & taxes Ex Brisbane 7 nights accommodation South Pacific Resort 3 Guided Imagery & Music Workshops Daily breakfast 7 Dinners including Island Fish Fry, & Progressive Dinner	All touring and entrance fees as per itinerary Half Day Orientation Tour Sound & Light Show Colleen McCullough Signature Tour Behind the Hedges Tour Convict Settlement Tour Fletchers Mutiny Cyclorama	



TERMS & CONDITIONS \*Price is per person Twin Share. Single Supplement applies. Credit card surcharges apply. Deposit of \$500 per person is required to secure tour. Tour requires minimum number of passengers to depart. Prices current as at 24 November 2017. Full payment will be required by 30 August 2018. Prices may fluctuate if surcharges, fee, taxes or currency change. Go See Touring Pty Ltd T/A Go See Touring Member of Helloworld QLD Lic No: 3198772 ABN: 72 122 522 276 ATAS Accreditation A11320



### **Day 1 - 2018 Tuesday 30 October 2018 (D)**

#### **Arrive Norfolk/Dinner at Hotel/Sound and Light Show**

On arrival you need to collect your checked luggage and clear customs and immigration. Once in the main terminal you will be met by our local ground operator - Pinetree Tours and transferred to your hotel, the South Pacific Resort, which will be your home for the next 7 nights. Tonight you will enjoy a Welcome Dinner at the hotel followed by Norfolk's famous Sound and Light Show at historic Kingston.

### **Day 2 - Wednesday 31 October 2018 (B, D)**

#### **Half Day Tour/Guided Imagery & Music Workshop/Progressive Dinner**

After breakfast Pinetree Tours will take you on a half day orientation tour of the Island, which is a must for every visitor. Your first Guided Imagery & Music Workshop will commence after lunch and the day will finish with a 3 course meal progressing to different Norfolk Island family homes. This will be a fun night and a good way to meet the local people and sample some of the local produce.

### **Day 3 - Thursday 1 November 2018 (B, D)**

#### **Guided Imagery & Music Workshop/Island Fish Fry**

Following breakfast your day will commence with another half day Guided Imagery & Music Workshop with Gail. This evening you are in for a treat at the Island Fish Fry. Enjoy a feast of Island dishes, salads, homemade bread & fresh fried fish, followed by Island desserts & tea or coffee. Enjoy some local entertainment, on our exclusive private property 'Orn Daa Cliff' on Norfolk's western coastline.

### **Day 4 - Friday 2 November 2018 (B, D)**

#### **Convict Settlement Tour/Night as a Convict**

After breakfast your morning will be at leisure followed by Pinetree Tours Convict Settlement Tour, an in-depth tour of the historic Georgian settlement of Kingston, taking in the cemetery, convict history and stories of the houses along Quality Row. Tonight's dinner will be a fun event at the Night as a Convict Dinner, where you will dress as a convict and join in with the Commandant for an evening of gaiety, feasting singing and dancing. (Outfits supplied)

### **Day 5 - Saturday 3 November 2018 (B, D)**

#### **Breakfast Bush Walk/Colleen McCullough Signature Tour/Dinner Local Restaurant**

Enjoy a breakfast bush walk this morning. You can take your choice of a stroll through One Hundred Acres Reserve or for the more energetic, a leisurely 3.5km walk through scenic Mt Bates to Captain Cook Monument where you will enjoy a delicious cliff-top breakfast. Later in the day you will have the opportunity to visit the home of world renowned author Colleen McCullough, who made Norfolk Island her home in 1979. This evening dinner will be at one of Norfolk's great local restaurants.

### **Day 6 - Sunday 4 November 2018 (B, D)**

#### **Fletcher's Mutiny Cyclorama/Guided Imagery & Music Workshop/Fletcher's Fate Mystery Dinner**

After breakfast, you will visit Fletcher's Mutiny Cyclorama, which is an unforgettable experience. You can walk inside the circular painting and be surrounded by the immense artwork, detailing the story tracing the history of the Bounty from England, arriving at Norfolk Island in 1856. This afternoon your last Guided Imagery & Music workshop will take place with Gail and then a fun themed dinner at the Fletcher's Fate Mystery Dinner, which is a fascinating evening of interactive theatre, intrigue and mystery.

### **Day 7 - Monday 5 November 2018 (B, D)**

#### **Behind the Hedges/Farewell Dinner**

Following breakfast you will travel to Anson Bay to visit a small hobby farm, which has been instrumental in improving the local livestock industry. Close by see a demonstration at Norfolk's major pottery and browse at the Cottage Pottery shop. After a delicious morning tea at a scenic location, visit a beautiful private and commercial garden that supplies our local florists with stock. Finish the tour with a visit to a beautiful Banyan tree on a private property. A special 3 course Farewell Dinner will be at your hotel this evening.

### **Day 8 - Tuesday 6 November 2018 (B)**

#### **Depart Norfolk**

It's time to farewell beautiful Norfolk Island. After breakfast standard checkout time applies. Pinetree Tours will collect you and transfer you to Norfolk Airport in time for your flight back to Australia.

