

THE FULL RETREAT ITINERARY

# Sound of Soma.

*Four days in the Otways  
Rainforest, Victoria.*

**DATES**

Apr 30 – May 4, 2026

**LOCATION**

The Otways, VIC

4

NIGHTS

2

FACILITATORS

90

MIN  
FROM  
MELB

\$1,950

FROM PP

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# Something inside you knows it's time *to come back to yourself.*

People come to Sound of Soma from different places — a burnout, a loss, a relationship that shifted, an illness, a long transition they can't quite move beyond. The details vary. The feeling is the same: something has been unresolved for a while, and nothing you've tried has quite reached it.

You're functioning. You're managing. But you know the difference between surviving and truly living — and somewhere along the way, that gap has been widening.

- Exhausted, but unable to properly rest. The body never fully switches off.
- Stress and anxiety sitting in the chest like a hum you can't quiet.
- Done therapy, yoga, journaling — yet something deep still feels stuck.
- High-functioning on the outside, running on fumes on the inside.

*"Sound of Soma was created for exactly this moment. Four days to finally exhale."*

— ANGE MONITTO, FOUNDER

## WHAT SOUND OF SOMA IS

A structured 4-day healing retreat combining sound healing, somatic release, and nervous system reset — in a private rainforest sanctuary 90 minutes from Melbourne. Not a holiday. A genuine reset at the level of the body, the mind, and the energy field.

*"Some people describe it as years of  
progress in four days."*

PAST RETREAT GUESTS

O1 WEDNESDAY, APRIL 30

Arrival & Opening.

- 
- 3:00 pm **Arrivals & check-in**  
Settle into your room. A welcome basket and herbal tea are waiting. Explore the property at your own pace.
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- 5:30 pm **Welcome circle**  
Introductions, intentions, and an overview of the four days ahead. A grounding breathwork sequence to arrive fully.
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- 7:00 pm **Welcome dinner**  
Nourishing meal prepared by our private chef. Seasonal, whole-food, designed to support the work ahead.
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- 8:30 pm **Opening sound bath**  
A 60-minute Tibetan and crystal bowl sound healing session in the main hall. Your nervous system begins to downregulate. Sleep deeply.

"No rush. No agenda. Just arrive."

O2 THURSDAY, MAY 1

Release & Reset.

- 
- 7:30 am **Morning movement & breakfast**  
Gentle somatic movement to wake the body. Breakfast on the deck.
- 
- 9:00 am **Sound healing session**  
Tibetan bowls, crystal singing bowls, and gong — a full-body sonic immersion targeting the nervous system.
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- 11:00 am **Quantum Emotional Freedom & nervous system education**  
Understanding how stored stress lives in the body and how to begin releasing it safely. Group Quantum Emotional Freedom session.
- 
- 1:00 pm **Lunch & rest**  
Nourishing midday meal. Free time — walk the property, journal, or sleep. Rest is part of the work.
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- 3:00 pm **Somatic release & body movement**  
Guided somatic practices to move stuck energy. Tremoring, shaking, conscious movement. No experience required.
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- 6:00 pm **Dinner & connection**  
Shared meal around the table. Conversation flows naturally here.
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- 8:00 pm **Evening sound bath**  
Crystal bowls and guided meditation. Deep sleep follows naturally.

03 FRIDAY, MAY 2  
Depth & Integration.

- 7:30 am **Sunrise movement & breakfast**  
Morning walk through the property or gentle yoga. Breakfast together.
- 9:30 am **Deep sound healing immersion**  
The longest session — 90 minutes. Multiple instruments, layered frequencies, space to go deep. Most guests describe this as the most profound experience of the retreat.
- 11:30 am **Energy field work**  
Group session working directly with the energy body. Clearing stuck patterns, emotional residue, and energetic blocks that talk therapy cannot reach.
- 1:00 pm **Lunch & sacred pause**  
Silence optional. Space to journal, walk the rainforest, or simply be.
- 3:30 pm **1:1 sessions with Ange**  
Private 30-min sessions (included for early bird). Work through what's surfaced during the retreat.
- 6:30 pm **Dinner & sharing circle**  
Guests share what's shifted. Witnessed by the group. One of the most powerful moments of the retreat.
- 8:30 pm **Fire ceremony**  
Gather around the fire under the Otways sky. Release what no longer serves. A ritual of completion and renewal.

04 SATURDAY, MAY 3  
Closing & Return.

- 8:00 am **Final morning movement & breakfast**  
Gentle morning to ease into the final day. Nourishing breakfast together.
- 9:30 am **Integration session & closing sound bath**  
How to take what you've experienced back into daily life. Practical tools for sustaining the shift. Followed by a closing sound healing to seal the work.
- 11:30 am **Closing circle**  
Final sharing. Gratitude. The moment most guests say they wish the retreat wasn't ending.
- 12:00 pm **Lunch & departures**  
Final meal together. Most guests drive home feeling lighter than they have in years.

A NOTE ON THE RHYTHM

Each day has spaciousness built in. Sessions are immersive but never rushed. The breaks are not fillers — they are where the integration happens.



FIRE CEREMONY · OTWAYS RAINFOREST



EVERY BOOKING INCLUDES

# Everything you need.

◆ **4 nights accommodation**

Private or shared room in the Otways property

◆ **All meals — private chef**

Breakfast, lunch & dinner. Whole-food, nourishing.

◆ **Daily sound healing sessions**

Tibetan bowls, crystal bowls & gong

◆ **Somatic release sessions**

Body-based movement and nervous system work

◆ **Quantum Emotional Freedom**

Group sessions with nervous system education

◆ **Energy field work**

Working directly with the energetic body

◆ **Breathwork & meditation**

Daily practices woven through each session

◆ **Fire ceremony & closing ritual**

Release under the Otways sky

◆ **Integration tools to take home**

Practical practices to sustain the shift

◆ **Small, intimate group**

Personally facilitated throughout

BOOK BY 22 MARCH 2026

## \$550 in early bird bonuses.

Pay your deposit or in full before 22 March 2026 and receive all four bonuses below.

**Private 1:1 with Ange**

\$150

30-minute private session during the retreat

**Personal Energy Reading**

\$300

A personalised energy reading for your journey

**2 × Group Sessions**

\$100

Two additional 60-min group healing sessions

**Priority Room Selection**

Choose your preferred room before general release

*"I highly recommend for everyone, especially if you want to take your energy work, self-healing, or inner work to the next level."*

— AMBER, PAST RETREAT GUEST



CHOOSE YOUR ROOM

## Room options & pricing.

All rooms include full board (meals), all sessions, and retreat activities. Prices are per person unless noted.

ROOM TYPE · FULL PAYMENT PRICE	
<b>Private Queen</b> Solo occupancy · exclusive room	<b>\$2,700</b>
<b>Private Queen (2-person share)</b> Share with a friend · per person	<b>\$1,950 pp</b>
<b>Private Double</b> Private room, double bed	<b>\$2,500</b>
<b>Men's Twin Share</b> Shared twin room, men only	<b>\$2,200</b>
<b>Bunk Share</b> Shared bunk room · per person	<b>\$1,950 pp</b>

**PAYMENT PLANS AVAILABLE**  
Secure your spot with a \$700 deposit. Balance payable in 3 instalments (3-month plan) or 3 equal payments before April 10th.



HOW TO RESERVE

Reserve your *place today.*

- Step 1**  
Visit [soundofsoma.com.au](https://soundofsoma.com.au) and click Reserve My Spot
- Step 2**  
Choose your room and payment plan
- Step 3**  
Pay your deposit via Stripe. Ange will confirm within 24 hrs.

✉ [ange@soundofsoma.com.au](mailto:ange@soundofsoma.com.au)

☎ 0489 089 049

🌐 [soundofsoma.com.au](https://soundofsoma.com.au)

THE LOCATION

The Otways Rainforest,  
Victoria.

Private property in the Otways Ranges — 90 minutes from Melbourne's CBD. Ancient rainforest, clean air, total privacy.

- ◆ 90 min drive from Melbourne CBD
- ◆ Full address provided on booking
- ◆ Carpooling coordination available
- ◆ Exclusively held for Sound of Soma guests

"I can't thank Ange enough. I believe he has been the final piece of my jigsaw puzzle in getting back to full health."

— CAM, MELBOURNE

THIS RETREAT IS FOR YOU IF...

You've tried everything.  
*Something is still unresolved.*

— You're exhausted but can't properly rest. Your body never fully switches off.

— Stress and anxiety sit in your chest like a constant low hum you can't quiet.

— You've done therapy, yoga, journaling — yet something deep still feels stuck.

— You're high-functioning on the outside but running on fumes inside.

— You're craving a real break from your environment — not a holiday, something deeper.

— You feel disconnected — from your body, from clarity, from the version of yourself you know is still in there.

WHAT YOU'LL LEAVE WITH

- ◆ A genuinely regulated nervous system
- ◆ Clarity on what's actually been driving your stress
- ◆ Sleep that is genuinely deep and restoring
- ◆ Tension released from the body you didn't know was there
- ◆ Daily practices that sustain the shift after you leave
- ◆ Connection — with yourself and people who understand



PAST GUESTS SAY

*"I can't thank Ange enough. I believe he has been the final piece of my jigsaw puzzle in getting back to full health."*

— CAM, MELBOURNE

*"The sound baths have been life changing for me. I have ADHD and have always struggled to meditate. Thanks to Ange's incredible talents, I have finally been able to. 6 months later, it's incredible how different I feel!"*

— CHARLOTTE, MELBOURNE

*"I highly recommend for everyone, especially if you want to take your energy work, self-healing, or inner work to the next level."*

— AMBER, PAST RETREAT GUEST

ABOUT SOUND OF SOMA

Sound of Soma is a structured healing retreat combining sound therapy, somatic release, nervous system education, and energy field work — held in the Otways Rainforest, Victoria. Created by Ange Monitto, it is built on the belief that lasting change requires addressing the mind, the body, and the energy field together.



FOUNDER & LEAD FACILITATOR

## Ange Monitto

I'm a Melbourne-based sound healing practitioner with a Diploma in Sound Therapy and training in Tibetan singing bowls from India. Over the past several years I have worked with 200+ clients in private practice and group settings, specialising in stress, burnout, chronic fatigue, nervous system dysregulation, and emotional overwhelm.

My methodology comes from both rigorous training and lived experience. In my late 20s I collapsed into survival mode — severe fatigue, anxiety, and months of exhaustion that every medical test failed to explain. Sound healing did what medicine couldn't. That recovery became the foundation of everything I teach.

- Diploma in Sound Therapy
- Trained in India — Tibetan Singing Bowls
- 200+ clients across Melbourne · 5-star Google rating



CO-FACILITATOR

## Jack Lawton

I'm a somatic facilitator and movement specialist with a Bachelor of Science in Physiology and Psychology. My academic background in how stress physiologically reshapes the body underpins everything I bring to The Reset: an evidence-informed, body-first approach to regulation and release.

At The Reset, I lead the physical layers of the work: somatic movement, fascia release, and body-based practices designed to discharge what the mind alone cannot reach. My role is to help you rebuild trust in your body — gently, safely, and with genuine expertise behind every session.

- BSc Physiology & Psychology
- Human Garage Fascial Maneuvers Certified
- Reiki Master · Les Mills & Vocal Coach Certified

YOU ARE IN SAFE HANDS.

Between Ange and Jack, every layer of the work is covered.

Sound, energy, nervous system education, somatic release, breathwork, and integration. You don't need to arrive knowing anything. You just need to show up.

ONLY A SMALL NUMBER OF SPOTS REMAIN

Reserve your *place today.*

April 30 – May 4, 2026 · The Otways Rainforest, Victoria · From \$1,950 pp

[RESERVE MY SPOT →](#)

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*"Your most dominant frequency creates your reality. To truly heal, you have to address the mind, the body, and the energy field — together."*

— ANGE MONITTO, FOUNDER