



PRIVATE  
REST  
SESSIONS  
*with Florence*



# THE TONGAN YOGA, MINDFULNESS & REST TEACHER

## MORE THAN REST..



### **OH HEY THERE, I'M FLORENCE.**

I AM THE FACE BEHIND KATO A COLLECTION. I AM A CANDLE MAKER, YOGA TEACHER AND YOGA NIDRA REST FACILITATOR.

I STARTED MY BUSINESS FROM MY OWN JOURNEY OF SELF CARE AND WANTING TO PRIORITISE MY WELLBEING AFTER ANXIETY AND BURN OUT. I FOUND YOGA AND IT COMPLETELY TRANSFORMED HOW I STARTED TO TAKE CARE OF MYSELF.

AFTER GOING TO COUNTLESS YOGA CLASSES I NOTICED HOW MUCH I LOVED THE LYING DOWN PART AT THE END OF THE CLASS (SAVASANA) AND SO I WENT ON TO DO MY YOGA TEACHER TRAINING AND YOGA NIDRA MEDITATION COURSE. BECOMING A TEACHER I MET SO MANY WOMEN COMING TO CLASSES TO TURN DOWN THE NOISE OF THE WORLD, TO SLOW DOWN, TO REST.

AND SO, THESE BECAME THE BASIS OF EVERY CLASS. A SAFE SPACE FOR WOMEN TO ARRIVE, TAKE OFF ALL THE HATS THEY WEAR, SLOW DOWN AND EXPERIENCE DEEP REST.

LET'S MEET THE WELL RESTED YOU...

*Florence xoxo*





# *MORE ABOUT DEEP REST SESSIONS*

DEEP REST SESSIONS ARE A 90 MINUTE REST IMMERSION.

FLORENCE GUIDES DEEP REST SESSIONS WHICH HELP PEOPLE TO RELEASE STRESS, SWITCH OFF AND COME INTO DEEP COMFORT THAT ALLOWS YOU TO DEEPLY RESTORE THE MIND AND BODY.

EACH SESSION GUIDES YOU THROUGH THE ANCIENT HEALING PRACTICE OF YOGA NIDRA MEDITATION. THIS IS A COMPLETELY LYING DOWN PRACTICE THAT FOCUSES ON BRINGING THE BODY TO COMPLETE COMFORT WITH BLANKETS, PILLOWS, EYE MASKS AND ESSENTIAL OILS. IN THIS STATE OF COMFORT, FLORENCE TAKES YOU THROUGH EXPLORING BODY AWARENESS, VISUALISATION, SENSATION AND BREATHING PRACTICES.

FLORENCE IS A CERTIFIED YOGA, MEDITATION & MINDFULNESS TEACHER SPECIALISING IN BLENDING SELF CARE, REST AND YOGA AND MAKING IT ALL BEGINNER FRIENDLY. EACH CLASS IS SPECIALLY PUT TOGETHER TO SUIT THE NEEDS OF EACH PERSON IN THE GROUP AND ARE GENTLE AND SUPER DOWN TO EARTH SO ANYONE CAN DO IT AND FEEL THE BENEFITS.

FLORENCE HAS A NICHE IN CREATING SESSIONS THAT WILL LEAVE YOU FEELING CALM, RELAXED AND ENERGISED. DON'T WORRY, THERE WON'T BE ANY HEADSTANDS OR ANY FANCY STUFF! ALOT OF THE SESSION IS LYING DOWN IN COMFORT.

**\*\*NO EXPERIENCE IN YOGA OR MEDITATION NEEDED.**



# WHAT TO EXPECT DURING A REST SESSION?

## RELAX - UNWIND - RESTORE



### THE SETTING

FLORENCE PROVIDES EVERYTHING NEEDED AND SETS IT ALL UP FOR YOU SO YOU CAN SIMPLY ARRIVE AND SETTLE IN. YOU WILL HAVE BLANKETS, PILLOWS, BOLSTERS AND EYE PILLOWS SO YOU CAN BE IN COMPLETE COMFORT.

FLORENCE LOVES TO SET THE TONE FOR CALM AND RELAXATION THROUGH SOOTHING MUSIC, CANDLES BURNING, ESSENTIAL OILS AND FLOWERS.



### YOGA NIDRA MEDITATION FOR REST

YOU WILL BEGIN TO LIE DOWN AND BE GUIDED THROUGH SOME LIGHT BREATHING FOR CALM. YOU WILL THEN BE GUIDED THROUGH A YOGA NIDRA MEDITATION FOR DEEP REST AND RELAXATION. THIS IS AN INCREDIBLE TOOL FOR RELEASING STRESS, MELTING AWAY TENSION AND ALLOWING THE MIND TO SETTLE. THE BEAUTY OF THIS PRACTICE IS THAT IT IS COMPLETELY DOWN! YAY! SOME PEOPLE MAY FALL ASLEEP AND THAT IS TOTALLY NORMAL!

IT IS SAID THAT JUST 45 MINUTES OF YOGA NIDRA CAN FEEL LIKE 4 HOURS OF SLEEP!



### TEA CEREMONY, JOURNALING & NURTURING

AS THE SESSION COMES TO END, YOU WILL FEEL COMPLETELY RELAXED AND BLISSED OUT - YOU WILL THEN BE WELCOMED INTO A MINI TEA CEREMONY HELD BY FLORENCE TO TRULY SOAK IN YOUR REST EXPERIENCE. BRINGING A MOMENT OF MINDFULNESS TO CONNECTO YOUR SENSES AND SIMPLY JUST BE. YOU WILL ALSO HAVE SPACE TO REFLECT AND JOURNAL.

A BEAUTIFUL TIME TO SEPND TIME REFLECTNG AND CONNECTING WITH YOURELF.



### DEEP REST & RELAXATION

IN THIS BUSY FAST PACED WORL WE LIVE IN, PRESSING PAUSE IS LIKE A REBELLIOUS ACT. CHOOSING TO DO SO AND TAKE CARE OF YOUR MIND AND HEART IS A BEAUTIFUL WAY TO COMPLETELY FILL YOUR CUP. AS YOU MOVE THROUGH THE REST OF YOUR DAY YOU WILL FEE LIGHTER AND AT SO CALM. YOUR SLEEP THAT NIGHT WILL ALSO BE SO RESTORATIVE AS A FLOW ON AFFECT FROM THIS REST SESSION.





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*THE THINGS THAT HELP US FEEL MOST FULLY ALIVE DO NOT GROW IN BUSYNESS, IT GROWS FROM REST.*

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## YOU MAY WANT TO BOOK A PRIVATE REST SESSION FOR

- POST PARTUM NURTURANCE
- PREGNANCY SUPPORT
- NAVIGATING CHANGE AND TRANSITION
- SUPPORTING YOURSELF THROUGH GRIEF/BREAKUP/CHALLENGING TIMES
- SELF CARE AND GIVING BACK TO YOURSELF
- CONNECTING TO YOURSELF WITHOUT ALL THE HATS/ROLES
- CELEBRATING A LIFE MILESTONE
- TAKING CARE OF YOUR MENTAL WELLBEING
- RELIEVING STRESS, BURN OUT AND FATIGUE

REST IS A BEAUTIFUL EXPERIENCE FOR ANY TIME OF LIFE. I AM ALWAYS HAPPY TO ADD OR CHANGE ANYTHING SO YOUR EXPERIENCE CAN BE AS COMFORTABLE AND RESTFUL AS POSSIBLE.



# *BOOKINGS:*

**THESE REST SESSIONS RUN FOR APPROX. 90 MINUTES**

***\$150 PER SESSION***

***(CURRENT SPECIAL: BOOK YOUR SESSION FOR JUST \$120 FOR ANY BOOKING IN MARCH 2024)***

- 90 MINUTE DEEP REST SESSION
- GIFT\* AN ESSENTIAL OIL BLEND FOR CALM
- YOGA MATS AND PROPS PROVIDED
- HERBAL TEA FOR RELAXATION
- TAKE HOME AFFIRMATION CARD

WHAT YOU WILL NEED TO BRING:

- KEEP CUP OR MUG FOR TEA
- JOURNAL AND PEN
- PILLOW FOR EXTRA COMFORT (NOT NEEDED BUT A NICE CHOICE)

NO EXPERIENCE IN YOGA OR MEDITATION NEEDED.  
THIS SESSION IS A COMPLETELY LYING DOWN PRACTICE.

**SEE AVAILABILITY AND [BOOK HERE](#)**



## *KIND WORDS:*



I want to comment on the deep rest mediation Florence guided us through. Never have I ever gone into a state of deep relaxation where coming back into the present I felt so lively and awake. Within an hour I rested for what felt like an entire nights rest. That night i clocked out and slept so soundly. I'm currently 35 weeks pregnant so this retreat is exactly what was needed to ground and self reflect before getting swept away in the busyness of life as we know it. This retreat is certainly an investment for the soul and spirit.

**Sofia, Rest Retreat Guest - Central Coast**



It was so relaxing I had a sense of calmness and peacefulness. Thank you Flo I would recommend you to all women that need to feel relaxed after a busy stressful week.

**Gloria, Sunday Siesta Rest Session - Newcastle**



I've never been to a meditation session like this, and can I say I'm am blown away. It's exactly what I needed, and I didn't even realise how much I needed it. The view, the smell, how comfortable it was. True bliss. Thank you Flo for opening up my eyes and hear

**Ngafa, Sunday Siesta Rest Session - Sydney**

**READ MORE [REVIEWS HERE](#)**





**TO BOOK IN PLEASE EMAIL FLORENCE AT  
KATOACOLLECTION@GMAIL.COM**

PLEASE INCLUDE THE DATE, TIME FRAME AND NUMBER OF  
PEOPLE IN THE GROUP FOR THE BOOKING. YOU WILL RECEIVE AN  
EMAIL REPLY TO CONFIRM.

\*\*TRAVEL FEE MAY APPLY.

