

About Us



Hi I am Jo McKenzie, the owner of Shanti Relaxation Retreat. Shanti is the culmination of the past 8 years of study in the field of Holistic Aromatherapy and Energy Healing.

In March 2007 I attended a retreat in Jamieson Sanctuary facilitated by Robyn Wood. During this retreat one of the tasks that we completed was a visionary walk, this was a guided walk thru what we wanted to do with our lives going forward. I had been feeling stuck for quite some time. I had nearly completed all of my studies but wasn't really sure as to where I wanted to go with this new knowledge. I knew that I was not happy in my current mainstream job and was seeking something more, but uncertain as to what this would be.

During the visionary walk I saw a property in which I had created a retreat. I started looking for land in which to create this venture. I came to Maffra one weekend in June 2007 to look at some land my brother Luke had found. When I arrived at his place he said I have found a property with 5 cabins on it, located in Briagolong. I was excited and couldn't wait to see it. The feel of the property made me feel as if I had just returned home again. It just felt so right, the property was very run down and minimal maintenance had been performed over the proceeding years. I could see that there was a lot of work required to get the property up to standard, but I could see the potential of what was on offer.

The work then began to transform the property into Shanti Relaxation Retreat. This has taken nearly a year to achieve, but all the work has been worthwhile and I hope that you will enjoy the property as much as I do.

I would like to thank all my family and friends who have helped me to create my vision. It has been a major change in my life, but I know and feel that it was the right choice. No turning back now, only looking forward to all the people who will visit and enjoy the facilities at Shanti Relaxation Retreat.

Welcome to all.