



The Power Walkshop™ Itinerary

*A soulful journey in finding personal power and purpose
Bondi Beach to Barrenjoey Lighthouse*

Friday 9th to Tuesday 13th April 2027

Approximately 90km, 117,000 steps across 5 days

Welcome

Hey soulful walker,

It's not easy being human.

Our minds have a lot to deal with, like failure, feeling lost, healing from illness and heartbreak and the uncertainty of what the future will bring. Sometimes it can feel like the mind is running or ruling you.

Life gets busy, there is a strong focus on doing, getting things done and achieving, and not as much quality time in reflecting, evaluating and making changes in our lives.

Over the 5 days, you'll go on a journey to experience a deep transformation. It will be both a physical and spiritual transformation. You'll be guided by Tanya, The Industry Leader Coach & The Coaches' Coach, to discover personal power and purpose while walking from Bondi Beach to Barrenjoey Lighthouse along Sydney Harbour, one of the most beautiful natural harbours in the world.

Each day has a different focus. You'll appreciate the power of presence, the power of the body, the power of the mind, the power of nature and the power of the universe while completing 33 lessons to get you pondering on your life, where you have been, where you are going and what is important to you.

Every day is a different length of walking, so to give you uninterrupted time, time to flesh out problems and challenges and see things from a different perspective. We have quality time to reflect on our life, the good, bad, ugly and beautiful and put what really matters into the forefront of our mind.

During the walk, you'll get to know your place in the world. You'll experience a bond between the track and yourself. You'll remember that the world we walk through is one. This is easily forgotten in the busyness of life. We ignore what ground is beneath us.

Walking allows this to come to the surface, to allow time as you walk to interact with the environment, within yourself and the world around you. You stop hearing the outside noise and listen to the inside messages and become connected, to have a greater sense of purpose and inner power.

We will spend a lot of time in nature over the course of the program. There is a lot of healing power in nature. The quiet atmosphere, beautiful scenery, natural smells and fresh, clean air all contribute to lowering stress levels, reducing depression, and having more moments of awe of the world around you.

The Aboriginal people of Australia had their own relationship with the land and nature. They had the idea that the world was created through walking.

They believed that it had been sung into existence in the Dreamtime by their ancestors, who walked about creating the landscape through song as they went. Their relationship with the land was personal and intimate, they knew they were part of the land and identified with it.

You'll find a welling sense of gratitude for universal wisdom, the messages from nature, the power and potential of an embodied mind. When we walk, we walk humbly with this in mind.

There is a richness and variety of experiences per mile that The Power Walkshop™ has to offer that will challenge you to grow, while having the support and guidance of Tanya along the way.

Many philosophers and greatest thinkers of our time have walked. For example Charles Darwin was known to walk at night, sometimes tramping through dawn. He tried to talk his restless energy and to still his beating mind. Soren Kierkegaard said he could only think in the hustle and bustle of a busy city.

The walkshop provides thinking space, letting your thoughts and ideas develop at their own pace.

So come and join this once-in-a-lifetime and life-changing experience.

To your brilliance, Tanya x

Day One: The Power of Presence

"Living in the present moment creates the experience of eternity." Deepak Chopra.

Date: Friday 9th April 2027

Includes: Lunch and dinner. Luxury Hotel & Airbnb (accommodation may vary depending on availability)

Start and end point: Bondi Beach to Sydney CBD

Distance: 21 kms approx. **Time:** 6 hrs. **Difficulty:** Moderate.

Picture:



Event Arrival Time: Please arrive by 7:00am

Event Meeting Point: Tanya will meet you out the front of [Bondi Pavilion](#), Queen Elizabeth Dr, Bondi Beach

Welcome: Power Walkshop Welcome with Tanya Cross

Description: This is an opportunity to meet and greet with Tanya and your fellow soulful walkers. You'll have a rundown of the event and what to expect on day 1. Your bags will be transported to the night's accommodation.

Day 1 Lesson 1: Blissful Beginnings

Description: We begin our journey in silence. We let go of any need to achieve, to be goal-oriented and realise that it is not the destination but the journey that is most important. *We slow down the pace* of our busy lives with qi gong on the grass led by Peter Bliss from Business is Bliss, he is another facilitator, like Tanya and has been practising and teaching Qi Gong all over the world for nearly 20 years. It is an honour to have him guide us through an hour of Qi Gong which is designed to enhance health and wellbeing, clearing the mind and nourishing the immune system.

Day 1 Lesson 2: Inward Journey

Distance: 3km

Description: Taking the energy from your Qi Gong session, you continue to walk in silence. A "fast" from speaking allows you to quiet the cognitive mind and to rest down in one's deeper mind and spiritual centre. The inward journey allows you time to *reflect on your life with some questions provided by Tanya*. You encounter hills and breathtaking views of the ocean on your way to our first meeting point.

Day 1 Lesson 3: Inward Reflection

Distance: 6km

Description: Finding a soft grassy patch, you look out to the vast ocean and inwardly reflect. Journaling allows you to organise your mind, and make sense of your life. It helps to directly confront the things you've experienced instead of avoiding them and not taking the time to process them. You'll have quality questions to answer to guide you in your inward reflection to get the most from your Power Walkshop and out of life.

Day 1 Lesson 4: Get Real

Description: Walk and talk with Tanya and your fellow soulful walkers. You'll focus your conversations with other walkers on specific questions and topics provided by

Tanya. *Become really present* with what you want while walking around the most expensive real estate in Australia and getting your first glimpse of Sydney's skyline to our destination.

Day 1 Lesson 5: Speak to a stranger

Distance: 11km

Description: Walking up a few flights of stairs and past Sydney Yacht Club, you take in the luscious green grounds of the Sydney Botanical Gardens, marvel at the Sydney Opera House and Harbour Bridge, strolling through the hustle and bustle of Sydney CBD while completing Lesson 5. During this part of the walk, you find a stranger to speak with and ask them a few questions. You'll record their answers in your journal. You make your way to your accommodation for the night where your bags will be waiting for you.

Day 1 Lesson 6: Rest and rejuvenate

Description: Often in life, we focus on the end goal, we hustle in a hurry to get there and forget to rest and rejuvenate. Rest is vital for your recovery in the Walkshop and in life. When we rest, we rejuvenate our body, our mind, and our energy levels. With more energy, the time we have expands and we're able to get more done. The path to achieving more is often counter-intuitive. Use this time to do some yoga, a dip in the ocean, read a book, have a casual stroll through Sydney CBD, or go to the top of Sydney Tower to enjoy the 360 degrees view of Sydney, have a cup of tea with someone in the group or sleep if you need to, but nothing stressful or stimulating. *Focus on resting and rejuvenating.*

Day 1 Lesson 7: The Power Of Presence

Description: Dinner will be served along with a debrief and lesson 7. In this lesson, you embrace the power of presence. Presence is having the power that what you speak, everyone listens. It's a subtle magnetic field that signals authority and authenticity. You can strengthen your presence. The key is to cultivate the communication aptitude, mental attitude, and unique leadership style needed to connect with and captivate and inspire others. Presence, you will feel it, and know how to step into it to use it to influence.

Day 1 Lesson 8: Nightly Meditation

Time: 8:00pm – 8:30pm

Description: We will find a quiet space for a guided meditation to prepare your mind to bend a spoon on day 4.

Day Two: The Power of the Mind

"A man is but a product of his thoughts, what he thinks, he becomes." Mahatma Gandhi

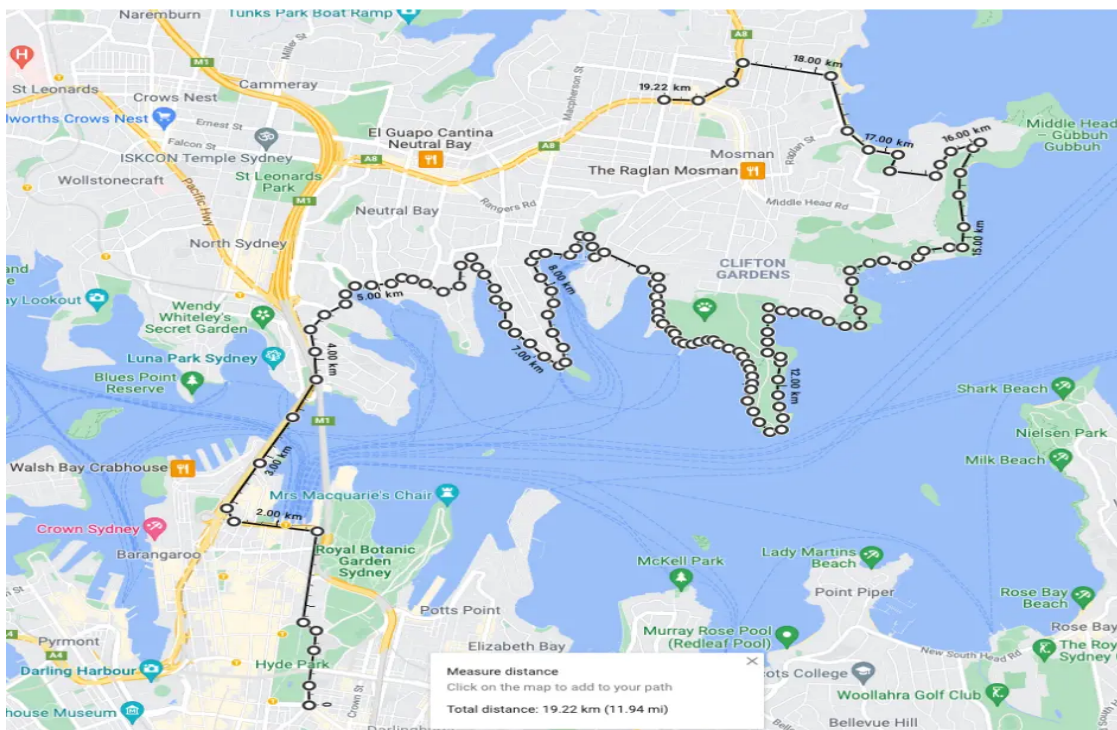
Date: Saturday 10th April 2027

Includes: Breakfast, lunch and dinner. Luxury Hotel & Airbnb (accommodation may vary depending on availability)

Start and end point: CBD to Mosman

Distance: 19 kms approx. **Time:** 5 hrs. **Difficulty:** Moderate.

Picture:



Day 2 Lesson 9: Morning Pages Journal

Description: Write your morning pages as “three pages of longhand writing, strictly stream-of-consciousness,” done as soon as you wake. The words are not meant to be fancy, meaningful or deep. The purpose is to “brain drain” your mind as a way to expel all the internal dialogue you have, all the emotions, and thoughts that swirl in your mind. Once you have written three continuous pages, then set your intention for day 2. This is followed by a casual breakfast with the other walkers and then a meeting with Tanya.

Day 2 Lesson 10: Prepare The Mind

Distance: 12km

Description: We have all had breaking points in our lives, times where the mind was ruling you instead of *you ruling your mind*. This exercise will help you to see the order in your chaos. You’ll stroll across the iconic Sydney Harbour Bridge and walk the path wrapping around the breathtaking Harbour to Bradley Point Head where we will stop for a picnic lunch. You’ll complete lesson 10 as you walk.

Day 2 Lesson 11: The power of the mind

Distance: 8km

Description: If you think you can, you can. If you think you can’t you won’t. We complete exercise 9 as we walk along the calm waters of Balmoral Beach. This exercise is dealing with the thoughts that race through your mind when faced with life challenges: “Can I really do this? Am I good enough for this? Am I deserving? Is it possible to have what I want and more?” You take what you have learned with the power of presence and the power of the mind to complete this exercise.

Day 2 Lesson 12: Rest and rejuvenate

Description: Use this time to do some yoga, read a book, write and reflect, sleep if you need to, but nothing stressful or stimulating. It’s a focus on resting and rejuvenating that works for you. Rest to ensure you are ready for the following 23 km day.

Day 2 Lesson 13: Clear Your Fear

Description: During dinner we will complete lesson 13. Be guided by Tanya with a series of quality questions to recognise your patterns and thoughts that are preventing you from having more power and purpose.

Day 2 Lesson 14: Nightly Meditation

Time: 8:00pm - 8:30pm

Description: We will find a quiet space to do a guided meditation to prepare your mind to bend a spoon on day 4.

Day Three: The Power of the Body

“Don't turn away. Keep your gaze on the bandaged place. That's where the light enters you.” – Rumi

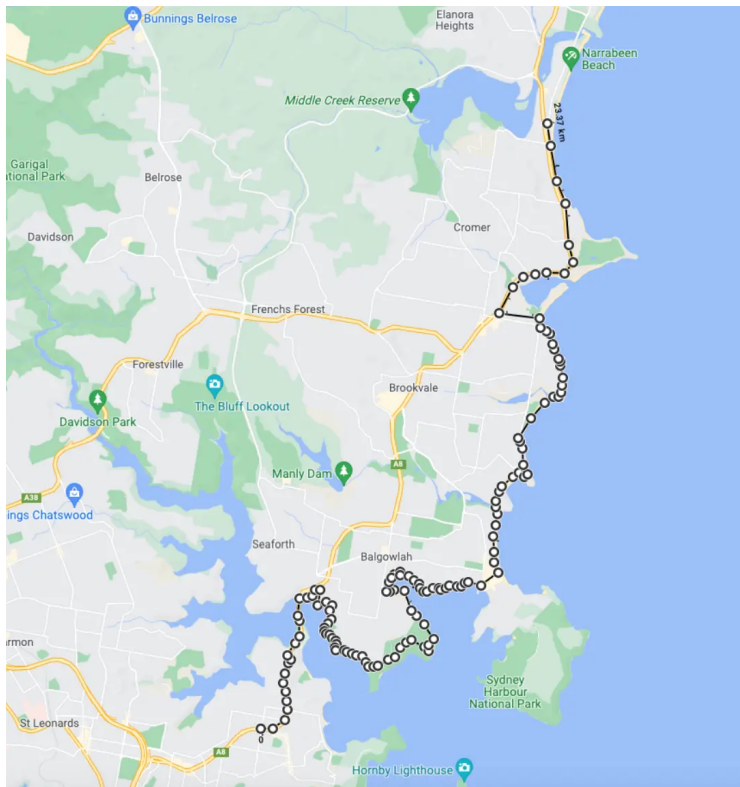
Date: Sunday 11th April 2027

Includes: Breakfast, lunch and dinner. Luxury Hotel & Airbnb (accommodation may vary depending on availability)

Start and end point: Mosman to Narrabeen

Distance: 23 kms approx. **Time:** 7 hrs. **Difficulty:** Moderate.

Picture:



Day 3 Lesson 15: Morning Pages Journal

Time: To be completed as you wake

Description: Write your morning pages as “three pages of longhand writing, strictly stream-of-consciousness,” done as soon as you wake. The words are not meant to be fancy, meaningful or deep. The purpose is to “brain drain” your mind as a way to expel all the internal dialogue you have, all the emotions, thoughts that swirl in your mind. Once you have written three continuous pages, then set your intention for day 3. This is followed by a casual breakfast with the other walkers and then meeting with Tanya.

Day 3 Lesson 16: Feeling Uncomfortable

Distance: 12km

Description: Exercise 16 is designed to make you feel uncomfortable. Lao Tzu states the key to growth is the introduction of higher dimensions of consciousness into our awareness.” You’ll lean into feeling uncomfortable and as a result expand your awareness and take yourself to the next level.

Day 3 Lesson 17: Bodies Expression

Distance: 11km

Description: In this deeply connected world, it’s astonishing that many people manage to stay current with the status updates of our Facebook friends or check out and zone out on Netflix and are completely unaware of their body. It is not often we check our body’s status update unless we have an illness or injury. Your body is speaking, are you listening?

Day 3 Lesson 18: Rest and rejuvenate

Description: Use this time to have a warm shower, have a cup of tea, rug up in bed and rest if you need to, but nothing stressful or stimulating. It’s a focus on resting and rejuvenating that works for you.

Day 3 Lesson 19: The power of the body

Description: You’ll utilise the power of presence, the power of the mind and the power of the body together in lesson 19 to promote a greater sense of wellbeing.

Day 3 Lesson 20: Feeling Is Healing

Description: We have dinner and a debrief before coming back to the hotel for lesson 20 where you'll apply the work to love and appreciate your body.

Day 3 Lesson 21: Night Meditation

Description: A guided meditation is conducted to prepare your mind to bend a spoon on day 4.

Day Four: The Power of Nature

"Look deep into nature, and then you will understand everything." Albert Einstein

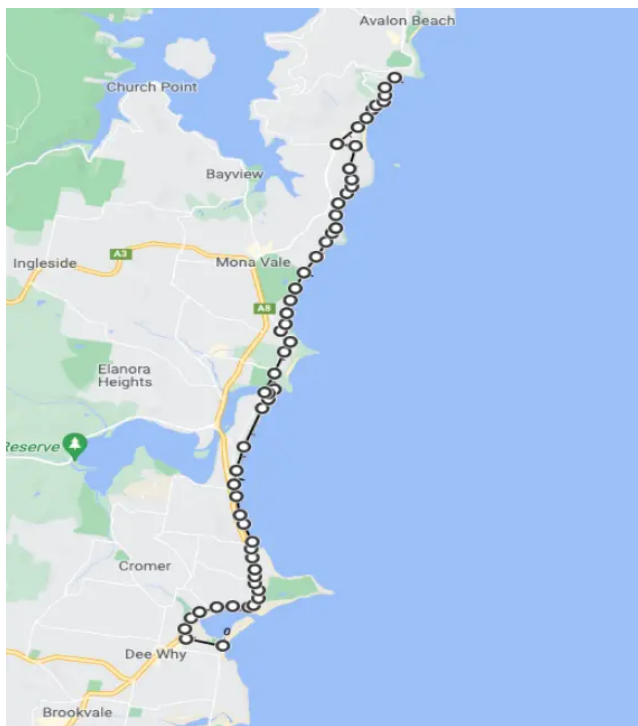
Date: Monday 12th April 2027

Includes: Breakfast, lunch and dinner. Luxury Hotel & Airbnb (accommodation may vary depending on availability)

Start and end point: Narrabeen to Avalon

Distance: 12 kms approx. **Time:** 3 hrs. **Difficulty:** Moderate.

Picture:



Day 4 Lesson 22: Morning Pages Journal

Description: Write your morning pages of "three pages of longhand writing, strictly stream-of-consciousness," as soon as you wake. Remember, the words are not meant to be fancy, meaningful or deep. The purpose is to "brain drain" your mind as

a way to expel all the internal dialogue you have, all the emotions, and thoughts that swirl in your mind. Once you have written three continuous pages, then set your intention for day 4.

Day 4 Lesson 23: Natures Gifts

Distance: 12km

Description: Humans communicate with each other, animals communicate in their unique way and so does nature. All objects, all matter communicates with us. When you set an intention, when you ask a question, your answer will be revealed in nature. What gift does nature have for you? As we walk, capture the messages nature has to share with you.

Day 4 Exercise 24: Inner Nature

Description: Thoughts in your mind are like clouds floating through the sky. Your nature is the sky, expansive and clear. Nature has been whispering and guiding you to your true nature. The oak sleeps in the acorn, the bird waits in the egg, and in the highest vision of the soul a waking angel stirs. Dreams are the seedlings of your future reality. In this exercise you'll reveal your inner nature and true vision for your life and dream of your future.

Day 4 Lesson 25: Spoon Bending

Description: We will begin our afternoon with a mind bending experience. You'll bring in what you have learned with the power of presence, the power of the mind, the power of the body and the power of nature to bend a spoon effortlessly (imagine melting metal in your hand) and realise you have the power and purpose within you to change reality. We will order dinner, and debrief our day.

Day 4 Lesson 26: Nightly Meditation

Description: Before retiring to bed early, you'll be guided in the creation meditation to manifest what you'd love more of in your life.

Day Five: The Power of the Universe

"You are a divine creation of the YOUNiverse, creating your own universe." Tanya Cross

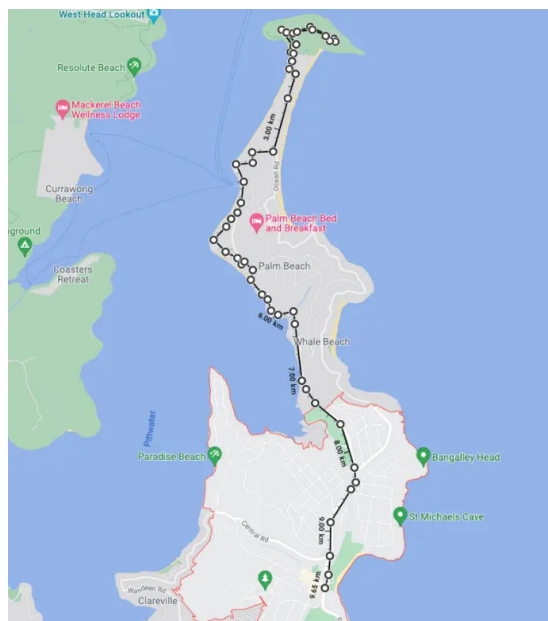
Date: Tuesday 13th April 2027

Includes: Breakfast, lunch and transport from Avalon to Sydney CBD

Start and end point: Barrenjoey Lighthouse to Avalon

Distance: 10 kms approx. **Time:** 3 hrs. **Difficulty:** Moderate.

Picture:



Day 5 Lesson 27: Morning Pages Journal

Description: Write your morning pages of "three pages of longhand writing, strictly stream-of-consciousness," as soon as you wake. Remember, the words are not meant to be fancy, meaningful or deep. The purpose is to "brain drain" your mind as

a way to expel all the internal dialogue you have, all the emotions, and thoughts that swirl in your mind. Once you have written three continuous pages, then set your intention for the day.

Day 5 Lesson 28: Sunrise Meditation

Description: We make the 2.2km trek up the hill to Barrenjoey Lighthouse at dawn where you sit and do an open eyed meditation as the sun rises and take in the power of the sun.

Day 5 Lesson 29: The power of gratitude

Distance: 10km

Description: Time to write your gratitude list of all the things you are grateful for in your life.

Day 5 Lesson 30: Identify the universe is within you

Description: During a light breakfast while identifying what you admire and despise about the universe and owning it within yourself to the same degree. You'll be humbled to the power of the YOUNiverse. When you have the humbleness to divinity, you create certainty in humanity (and the impact you want to make in the world).

Day 5 Lesson 31: The power of purpose

Distance: 10km

Description: We will then create a personal purpose statement for your life that is inspiring, heartfelt, meaningful.

Day 5 Lesson 32: The power of the YOUNiverse

Description: You'll have embodied the YOUNiverse and have an opportunity to take this with you in your life moving forward.

Day 5 Lesson 33: The power of you

Description: It's a surprise. Save the best for last. It will be eye opening.

What's Included

Let me take care of you, here is what is included in The Power Walkshop™.

33 Lessons

I will guide you through a deep transformation with 33 powerful lessons.

Access to Me

You will have access to me over the 5 days to walk, talk and ignite your power and purpose.

Accommodation

Luxury Hotel & Airbnb (accommodation may vary depending on availability)

Meals Included

Breakfast, lunch and dinner

(except breakfast on day 1 and dinner on the last day, drinks not included)

Transport of Luggage

Your luggage will be safely transported from each rest stop for you.

Transport

I will arrange transport back to Sydney CBD on the final day.

A Training Plan

You will receive a Power Walkshop Training Plan to help you with your fitness to get you ready.

Journal and Pen

A journal and pen provided for your lessons and reflections.

The Investment

Secure Your Place in the Circle

The Power Walkshop™ is limited to just 12 soulful walkers. I manage all bookings personally to ensure this pilgrimage is perfectly aligned with your current journey.

The Investment

\$6,999 AUD All-inclusive: 5 days of immersion, Luxury Hotel & Airbnb accommodation, and all gourmet meals.

An additional \$500 for a private room (twin share is standard).

If you feel the quiet tug in your chest calling you to this experience, please reach out to me directly by sending an email to info@tanyacross.com.

Let me know you are ready to walk. Once we connect, I will provide an invoice to secure your spot in the April 2027 circle.

What to Bring

- 1 suitcase (this will be transported for you)
- 1 day backpack (20 litres) with 1.5 to 3 litre water bag inside
- 3 changes of gym/hiking clothes (or 5 if you do not wish for the clothes to be washed on Day 3)
- Snacks for morning and afternoon tea to pack with you for 5 days (consider healthy bars, trail mix)
- Wet weather pants and jacket
- Dryfit sweater or puff jacket (for the evenings and early morning walk)
- Tissues
- Glide (to rub on your feet and toes to prevent blisters)
- Blister pack (containing one needle, a lighter, and string to drain the blister to help healing plus blister band aids, small scissors)
- A book to read that is nourishing for the soul
- Runners or hiking boots (must be worn in) and preferably waterproof
- Slippers or hiking sandals to wear at night
- 3 to 5 pairs of socks
- 1 x hat or buff
- Toiletries

- 1 x hiking sticks/trekking poles (optional, it reduces load on knees by 10 to 20%)
- Water bottle (to use at night or during the day)
- Sunscreen
- Sunglasses
- Tweezers
- Nail clippers
- Waterproof phone cover
- 6 tablespoons and 6 teaspoons to bend (not too thick)
- Beach towels

Note About Luggage

If you can, consider going light and basic, there is something refreshing about not having baggage to travel with, metaphorically speaking. When you lay out all your items, take a third of what you have. You really need much less than you think you need. Have a couple of evening wear, something comfortable, we will be going out on day 1 and 3 for dinner, the other nights, we are eating in. No one will care if you wear the same thing every night.

Frequently Asked Questions

1. Do I need to be athletically fit?

You will need to be more than a couch potato but not athletic fit. Somewhere in between will be fine. You will walk at your own pace. The itinerary factored in an average walking pace of 4km per hour. This is an average walking pace where you can enjoy the walk but not push yourself. It would be advised to do some longer walks leading up to the event.

2. Do you provide a training plan to help me prepare for the event?

Yes, we have created The Power Walkshop™ training guide just for you. There are four total running days scheduled on The Power Walkshop™ training plans that are included inside the program from 20 weeks, 16 weeks, 12 weeks and 6 weeks training plans. It depends on your current level of fitness.

3. What is the weather like in Sydney in April?

In April, Sydney transitions into early autumn with mild temperatures averaging 19 to 22 degrees Celsius during the day and 13 to 15 degrees Celsius in the mornings and evenings. Expect a mix of sunny and mild overcast days with occasional light rain. Coastal sections can be breezy so layers and a light rain jacket are worth packing.

We will walk in rain, hail or shine. The Power Walkshop™ is here to teach you about yourself, and if our journey is to have rain, we will dance. If sunshine is what your soul needs, that is what The Power Walkshop™ will provide. Be physically and mentally prepared for all options.

4. What do you supply on the Walkshop?

Accommodation

Breakfast, lunch and dinner (you will cover drinks)

Journal

Pen

33 tailored lessons

5. What will happen to my luggage?

Your luggage will be transported between accommodations for you each day. Please make sure you bring a day pack for you to carry your essentials between destinations.

6. What accommodation will we stay in?

Luxury Hotel & Airbnb (accommodation may vary depending on availability). Accommodation details to be confirmed. An additional \$500 for a private room.

7. Can I bring my mobile phone or laptop?

You will need your phone during the walk. You will be a part of a WhatsApp group to get Walkshop updates. Laptop is optional. Besides, I am sure most of you would like to touch base with family (and friends) from time to time (and tell them what an amazing time you are having).

8. Where does The Power Walkshop start and finish?

The Power Walkshop™ begins at Bondi Beach on Friday the 9th of April at 7:00am. We will drive you back to the CBD by 1:00pm on Tuesday the 13th of April.