

FOR IMMEDIATE RELEASE

MiniPause Launches in South Australia: A Revolutionary One-Day Wellness Retreat for Women Navigating Menopause

ADELAIDE, SOUTH AUSTRALIA — November 17, 2025 — MiniPause, a groundbreaking wellness retreat program designed specifically for women experiencing perimenopause and menopause, announces its official launch in South Australia.

Founded by Marketa Berryman, MiniPause offers women a nurturing space to connect, to receive compassionate guidance, and practical tools to navigate the often unpredictable and emotionally charged journey of perimenopause and menopause.

A Personal Journey Becomes a Mission

Marketa's journey began with her own struggle with perimenopausal symptoms, which she experienced for years before discovering the term "perimenopause" through Dr. Louise Newson's work. This revelation transformed her understanding and sparked her desire to create open dialogue around women's midlife transitions.

"When I started experiencing symptoms, I was shocked by how isolating it felt despite menopause being something half the population experiences," shares Marketa.

"I created MiniPause to be the resource I wished I had—a place where women could find accurate information, practical tools, and most importantly, a community that understands."

The loss of her parents further shaped her perspective, leading her to consciously choose joy and deepen connections with loved ones while appreciating each moment as precious - values that now infuse the MiniPause experience.

The MiniPause Experience

Unlike conventional wellness retreats, MiniPause offers a specialised one-day program addressing the specific physical, emotional, and spiritual dimensions of perimenopause and menopause.

Through guided meditations, mindful exercises, and nature-based activities, women embark on a path of self-discovery and awareness.

Each retreat accommodates six to eight women held in a private home on the beautiful Fleurieu Peninsula by a beach, to ensure personalised attention and create an intimate atmosphere conducive to authentic connection.

The retreat features:

- **Evidence-Based Education:** Sessions covering hormonal changes, symptom management, and long-term health considerations
- **Mindful Movement:** Gentle, accessible exercise sessions designed specifically to support menopausal bodies and promote overall wellbeing
- **Nutritional Wisdom:** Information on foods and dietary approaches that support hormonal balance and address common symptoms
- **Mindfulness Practices:** Meditation, breathwork, and stress-reduction techniques to navigate the emotional aspects of this transition
- **Community Connection:** Facilitated discussion groups providing space for women to share experiences and build lasting connections in a safe, supportive environment

The retreat is just \$199 which includes refreshments and a nourishing lunch. A 10% discount applies during this launch period.

Meeting a Growing Need

With approximately 13% of the Australian female population currently experiencing menopause and many more in perimenopause, MiniPause addresses a significant gap in wellness offerings. The program comes at a time when awareness about menopause is growing, yet practical support options remain limited.

"South Australia has a thriving wellness community, but until now, there's been very little specifically designed for women in this life stage," notes Marketa.

"I'm proud to contribute to changing the narrative around menopause from one of decline to one of empowerment and renewal."

MiniPause retreats are scheduled to run on at least two Saturdays each month.

About Marketa

Marketa brings a rich and diverse professional background to MiniPause. She began her career as an accountant with PriceWaterhouseCoopers in Prague and later worked as a financial administrator at Vodafone in Sydney, experiences that contribute organizational clarity and structure to the MiniPause retreats.

Her approach to women's wellbeing is informed by three years of study in Traditional Chinese Medicine and Acupuncture in Prague, Czech Republic with collaboration of the Tianjin university, China, a Certificate IV in Remedial Massage, and membership in the Australian Traditional Medicine Society since 2005. Additionally, her work with the Department for Education supporting children with learning and behavioural challenges has deepened her understanding of how to create inclusive, supportive environments where everyone feels valued.

Having lived and worked across Europe and Australia, including studying French for two years at the French Institute in Prague, Marketa brings a global perspective to women's experiences of midlife transitions. She is currently training to become a certified Meditation

and Mindfulness teacher and has returned to regular Qigong and Tai Chi practice—ancient movement disciplines that complement the work at MiniPause.

"When not hosting retreats, you'll find me exploring nature, practicing mindfulness, and connecting with kindred spirits," says Marketa, who draws inspiration from thought-provoking films and non-fiction books, including Pema Chödrön's "Welcoming the Unwelcome," which aligns with the MiniPause philosophy of embracing life's transitions with courage and grace.

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