



WELLNESS RETREAT DAY

Wednesday 27th January 2023

09:00 AM		Arrival
09:30 AM		Yoga practice
11:15 AM		Tea break
12:15 PM		Gong Sound Healing practice
01:45 PM		Lunch
03:00 PM		30 minute treatment and snack
06:00 PM		Restorative Yoga

Full access to the Health Hub gym and pool all day

Menu to be confirmed