



WELLNESS WEEKEND RETREAT

FRIDAY 13TH OCTOBER

- 02:00 PM | Check in to the hotel
 - 05:00 PM | Meet and greet in The View
 - 06:00 PM | Flow practice
 - 07:45 PM | Dinner in The View
 - 09:00 PM | Hot chocolate and chat
-

Full access to the Health Hub gym and pool all day

Menu to be confirmed



WELLNESS WEEKEND RETREAT

SATURDAY 14TH OCTOBER

- 07:30 AM | Morning meditation practice
- 08:45 AM | Breakfast in The View
- 10:00 AM | Hatha yoga flow
- 12:00 PM | Lunch
- 01:00 PM | Relaxation time
- 02:00 PM | Treatments and sweet treats
- 05:00 PM | Yoga practice
- 06:00 PM | Dinner in The View
- 08:00 PM | Yin practice
-

Full access to the Health Hub gym and pool all day

Menu to be confirmed



WELLNESS WEEKEND RETREAT

SUNDAY 15TH OCTOBER

- | | | |
|----------|--|-------------------------------|
| 08:00 AM | | Meditation or open water swim |
| 09:30 AM | | Breakfast in The View |
| 10:30 AM | | Hatha flow |
| 12:00 PM | | Sweet treats |
| 12:30 PM | | Energising Yin |
| 02:00 PM | | Check out |
| 02:30 PM | | Sunday Lunch in The View |

Full access to the Health Hub gym and pool all day

Menu to be confirmed