

WELLNESS CALENDAR

bookings are essential at the front desk



| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------------------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|
| 7.30 am yoga studio (45 - 60 min) | energise & flow yoga | | | | find your balance yoga | energise & flow yoga | slow flow yoga |
| 8.30 am yoga studio/ outdoor sauna | guided sauna infusion (detox) | find your balance yoga | slow flow yoga | energise & flow yoga | guided sauna infusion (detox) | guided sauna infusion (detox) | guided sauna infusion (detox) |
| 10.15 am yoga studio/ *reception | guided property & forest walk | | | | | guided property & forest walk | strength & stretch |
| 11.30 am outdoor sauna | guided sauna infusion (body scrub) | guided sauna infusion (body scrub) | guided sauna infusion (body scrub) |
| 1 pm yoga studio (30 - 45 min) | | | | | | introduction to meditation | |
| 4 pm outdoor sauna | guided sauna infusion (clay mask) | guided sauna infusion (clay mask) | guided sauna infusion (clay mask) |
| 5.15 pm yoga studio (45 - 60min) | yin yoga bliss | serenity restorative yoga | yin yoga bliss | yogic sleep with sound | serenity restorative yoga | yin yoga bliss | serenity restorative yoga |
| 8.30 pm outdoor sauna | | | | | te ahi (fire ritual) sauna infusion | te ahi (fire ritual) sauna infusion | |



Wellness Program Class Description

energise & flow: a dynamic Vinyasa style yoga session designed to awaken the body and sharpen the mind through fluid, breath-led movement. You will leave this session feeling stronger, more limber, and mentally recharged.

find your balance yoga: is a grounding yoga practice that combines physical stability with mental equanimity, often focusing on the philosophical principle of Sthira Sukha—the balance between effort (steadiness) and ease (comfort).

slow flow yoga: move with your breath and intention through a seamless sequence of grounded and expansive postures. This fluid practice builds strength, balance, and flexibility while cultivating presence and inner rhythm. Each session invites you to reconnect with your body's natural flow and awaken a sense of vitality and ease.

yogic sleep with sound: (often called Yoga Nidra with Sound Healing) is a deeply restorative, guided meditation that leads you into the hypnagogic state—the profound borderland between wakefulness and sleep. Come and experience the magic!

serenity restorative yoga: is an all-levels practice centered on deep relaxation, allowing participants to release tension and "find calm in the chaos". Poses are held for extended periods allowing for a profound physical and mental reset.

yin yoga bliss: dive into yin bliss, where long-held poses target deep connective tissues and promote relaxation, creating a serene space for introspection and rejuvenation. Come & find your bliss!

strength & stretch: get ready to strengthen and tone your entire body with this energising class that uses bodyweight exercises and loop resistance bands for a fun, dynamic, and effective workout.

guided sauna infusion: a sauna infusion is a guided experience that combines the therapeutic heat of a sauna with the invigorating benefits of essential oils, enhancing relaxation and detoxification. this is followed by a rejuvenating cold plunge, boosting circulation and revitalizing the body and mind.

te ahi (fire ritual) sauna infusion: a traditional sauna ceremony led by an experienced Sauna Master, featuring towel-spun heat, natural aromatherapy and deep, grounding music to relax & release. If you like the sauna - you will love this!

guide property & forest walk: explore the property and rain forest on a guided walk that shares the unique history of this off-grid retreat and the surrounding area. Immerse yourself in the natural beauty while learning about the rich ecology and cultural significance of the forest.

****please book at reception & arrive at least 5mintues before the class starts****

