

**HEALTH, WELLNESS & YOGA EXCLUSIVE RETREAT**  
**FRIDAY 23rd October - SATURDAY 24th October 2015**  
**ITINERARY**



**FRIDAY 23rd Oct:**

**Between 5pm - 7:00pm ARRIVAL** - boat transfers to accommodation - meet & greet, settle in, unpack

**6:45pm - DINNER** - organic, vegetarian meal

**8:00 - 8.30pm -MEDITATION** - with Alex Giles - [Agile Yoga](#)

**8:45pm - DESSERT/TEA**

**9:15pm - RETIRE** - back to rooms to enjoy scented soy candles and relaxation time

**SATURDAY 24th Oct:**

**6:50am:** Boat pick up for transfers to yoga venue

**7:00 - 8:am - YOGA** - with Alex - [Agile Yoga](#)

**8:15-9:15am - BREAKFAST** - organic (cereals, fruit, yoghurt, selection of herbal teas)

**9.15am - 1pm - FREE TIME** - optional activities below

- people booked in for their facial/head massage/massage
- kayaking, swimming, use of tinny, fishing, relaxing, reading, spa, chill out area

**9:00am - 10:00am - ' GREAT NORTH WALK'**- guided walk with local resident Roger

**10:30 - 11:30am - WORKSHOP** - run by Barbara - **EMPOWERING YOUR LIFE -ELEGANTLY.....We are incredibly powerful and responsible beings who have within us the power to affect our world and the world around us and change it within minutes if so wish. Our life is a whole continuous stream of energy, not disconnected stages but each phase influenced by the other. We will explore some of the latest information on how to release any belief systems or negative experiences we may have had and how these can actually influence our family and friends, especially our children and, in turn, their children.**

**11:45am - 12:45pm - Stand Up Paddleboard YOGA** - with Sharon

**1:00pm - LUNCH**

**1:45pm -4:00pm - FREE TIME** - optional activities

- people booked in for their facial/head massage/massage - Becky - Akishma Beauty
- kayaking, swimming, use of tinny, fishing, relaxing, reading, spa, chill out area

**2:00am - 3:00am - ' FRETUS RUINS & RIVER CRUISE'**- guided cruise & walk with local resident Roger

**3:15pm - 3:45pm - INFORMATION SESSION - THE GUT** - with Amanda

**4:00-6:00pm - YOGA/MEDITATION** - with Alex

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**6:00pm - Dinner**

**7:00pm - Movie (That Sugar Movie) Dessert/Tea**

**9:30pm - RETIRE - transfers back to accommodation**

## **SUNDAY 24th October**

**6:45am:** Boat pick up for transfers to yoga venue

**7:00am - 8am - STRETCH YOGA** - with Alex

**8:15 - BREAKFAST** - organic (cereals, fruit, yogurt, herbal teas)

**9:00am - FREE TIME** - optional activities

- people booked in for their facial/head massage/massage - Becky - Akishma Beauty
- kayaking, swimming, use of tinny, fishing, relaxing, reading, spa, chill out area

**9:45am - 10:15am - GUIDED KAYAK TOUR** - with local resident Roger

**11:00 - 11:30am-Boat transfers to accommodation to pack & then back to cars**

### **Enquire about our optional items**

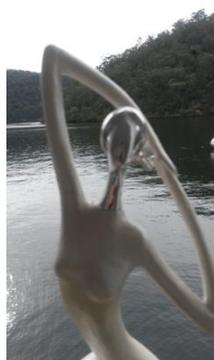
Lunch at A Chef Secrets - transfers provided

Stay until 4:00pm - to enjoy environment, accommodation and facilities

Extra beauty items - massages, facials, salt scrubs, body wraps etc.

Extra private yoga or meditation sessions.

River cruise on "Happy Wanderer" with afternoon tea provided.



Health, Wellness & Yoga Retreat  
Berowra Waters

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