

HEALTH, WELLNESS & YOGA EXCLUSIVE RETREAT

FRIDAY 20th October - SATURDAY 21st October 2017

ITINERARY



FRIDAY 20th Oct:

From 3pm onwards ARRIVAL - boat transfers to accommodation - meet & greet, settle in, unpack

4:30pm – SMOOTH MOVES CLASS – an enjoyable class of smooth moves to get you into the relaxed mood

6:00pm - DINNER - organic, vegetarian meal

7:00pm -MEDITATION – Optional

8:00pm – HERBAL TEA/ FILM NIGHT – Optional

RETIRE - back to rooms to enjoy relaxation time



SATURDAY 21st Oct:

8:00am: BUSH WALK & GENTLE STRETCH - Boat pick up for transfers to Great North Walk

9:30:am - BREAKFAST - organic (cereals, fruit, yoghurt, selection of herbal teas)

10:30am – PADDLE BOARD YOGA (SUP Yoga) – enjoy a challenging yoga class on the water

12:30pm – LUNCH

1:00pm - FREE TIME - optional activities
kayaking, swimming, paddle boarding, fishing, relaxing, reading, spa, chill out area, massage

2:30pm – GENTLE STRETCH CLASS

4:30pm – YOGA CLASS

6:30pm – DINNER

7:30pm – HERBAL TEA/ FILM NIGHT – Optional

RETIRE - back to rooms to enjoy relaxation time



SUNDAY 22nd October

8:00am – BUSH WALK & GENTLE STRETCH CLASS

9:30am - BREAKFAST - organic (cereals, fruit, yogurt, herbal teas)

10:30am – PADDLE BOARD YOGA OR YOGA CLASS

12:30pm - LUNCH

1:30pm - TAI CHI CLASS

2:30pm – TEA, RELAX & REFLECT

3.00pm – CHECK OUT

Health, Wellness & Yoga Retreat
Berowra Waters

Ph: 0405 565 256 E: info@berowrawatersholidays.com.au

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Enquire about our optional items

- Stay until 5:00pm - to enjoy environment, accommodation and facilities
- Guided Kayak, Bush Walking & Paddle Boarding Tours
- Massage & Facials
- 1 ½ hour river cruise on "Happy Wanderer" with refreshments provided.



ACCOMMODATION OPTIONS - THE GALLERY BEROWRA WATERS

<http://www.berowrawatersholidays.com.au/house/the-gallery-berowra-waters/>

ROOM TYPE	FEATURES	SINGLE PRICE	TWIN SHARE
	<ul style="list-style-type: none"> - King Sized Bed - River Views - Private Ensuite - TV/Entertainment Unit - Option to add fold out bed* 	\$850	\$650 \$550 Triple share*
	<ul style="list-style-type: none"> - Queen Sized Bed - River Views - Shared Bathroom - Balcony 	\$700	\$500
	<ul style="list-style-type: none"> - Queen Sized Bed - River Views - Shared Bathroom - Balcony 	\$700	\$500
	<ul style="list-style-type: none"> - Single Bed - River Views - Shared Bathroom - Balcony 	\$600	\$400
	<ul style="list-style-type: none"> - Queen Sized Bed - Garden Views - Shared Bathroom 	\$600	\$400

^Please note that changes may occur with the itinerary due to weather.