

nature immersion retreat

Connecting back to your natural flow

A restorative retreat connecting with a community dedicated to healing, learning and rejuvenating in nature.

Day 1 – Thursday 20 April

8am	Check in at the Wellness Centre Reception and time to enjoy all site bathing
10am	Meet your facilitators Sonja and Freya with a Welcome Circle and light refreshments served in the Moroccan Pavilion
10.30am	Yoga Vinyasa Flow, Breathwork and Journalling with Sonja Kyra-Bleau in the Wellness Centre Studio A grounding meditation and focus on the 'Earth' element, followed by guided breathwork and a mindful, energising, and rhythmic vinyasa yoga session. Journalling practice will help you to further understand and deepen your retreat intentions
12.15pm	Wellness Lunch served in the Moroccan Pavilion
1pm	Time to enjoy all site hot springs bathing
2pm	Check into your Glamping accommodation at the Wellness Centre Reception
5pm	Sunset Yoga Restorative Flow, Meditation, Sound Healing with Sonja Kyra-Bleau in the Wellness Centre Studio A slow-paced yoga and meditation session with the supportive use of bolsters, straps, and folded blankets. Gentle yoga poses with relaxing and supportive longer holds to prepare you for a restful night's sleep. Relaxing sound bowl sounds will be played to close the session
7pm	Nourishing Dinner served in the Spa Dreaming Café
9pm	Bedtime or Moonlight Bathing at leisure until 2.00am

Day 2 – Friday 21 April

6.30am	Sunrise Yoga Vinyasa Flow and Breathwork with Sonja Kyra-Bleau in the natural surrounds at the Hot Springs* Give your body and mind the most stimulating way to wake up with an energising Vinyasa Flow. Sonja will share a meditative story with the theme of grounding/earthing for a unique listening journey. A journalling session will be offered as a transition before breakfast. <i>* Weather permitting (or Wellness Centre Studio)</i>
8am	Rediscover your natural state of being A Nutrition Masterclass and nourishing breakfast in the Food Bowl Glasshouse with Resident Nutritionist Freya Lawler Key take aways: <ul style="list-style-type: none"> • Learn foundational steps to reclaim your health • Incorporate S. L. O. W. living practices • Healing with ancient wholefoods
9am	Food Bowl Discovery Tour with our Land and Environment team
9.30am	Retreat Closing Circle with Freya and Sonja in the Food Bowl Glasshouse
11am	Checkout at Wellness Centre Reception
11.30am	Pre booked Spa treatments commence in the Spa Dreaming Centre Your choice of a 60min Massage or Subtle Energies facial in the Spa Dreaming Centre.
11.30am	Bathing at leisure until 11.00pm

retreat inclusions:

1-nights' accommodation
All meals (breakfast, lunch, and dinner)
Access to all site hot springs bathing
Yoga, breathwork and meditation practice every day with Sonja Kyra-Bleau

Full use of facilities including traditional, Finnish, and infrared saunas, Turkish hammam and cold plunge pools, ice cave and reflexology walk
Yoga mats and yoga props provided
Nutrition Masterclass with Freya Lawler

Food Bowl Discovery Tour
Choice of 60-minute spa treatment Massage or Facial
Peninsula Hot Springs Water Bottle
Take home wellness gift bag