

# 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

8:00am	Check in at the Wellness Centre Reception and time to enjoy all site bathing
10:00am	Meet your facilitators Sonja and Freya with a Welcome Circle and light refreshments served in the Moroccan Pavilion
10.30am	<b>Yoga   Vinyasa Flow, Breathwork and Journalling with Sonja Kyra-Bleau in the Wellness Centre Studio</b> A grounding meditation and focus on the transition to Autumn 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
1:00pm	Time to enjoy all site hot springs bathing
2:00pm	Check into your Glamping accommodation at the Wellness Centre Reception
5:00pm	<b>Sunset Yoga   Restorative Flow, Meditation, Sound Healing with Sonja Kyra-Bleau in the Wellness Centre Studio</b> 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
7:00pm	Nourishing Dinner served in the Spa Dreaming Café
9:00pm	Bedtime or Moonlight Bathing at leisure until 2.00am

### Day 2 – Friday 21 April

6.30am	<b>Sunrise Yoga   Vinyasa Flow and Breathwork with Sonja Kyra-Bleau in the Wellness Centre Studio</b> 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 transition/letting go for a unique listening journey. A journalling session will also be offered before enjoying a nourishing breakfast.
8:00am	<b>Rediscover your natural state of being</b> 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"> <li>• Learn foundational steps to reclaim your health</li> <li>• Incorporate S. L. O. W. living practices</li> <li>• Healing with ancient wholefoods</li> </ul>
9:00am	<b>Food Bowl Discovery Tour</b> With our Land and Environment team
9.30am	Retreat Closing Circle with Freya and Sonja in the Food Bowl Glasshouse
11:00am	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	All site Hot Springs Bathing at leisure

### 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