

### **Friday Evening (dinner not included)**

Arrivals from 4pm onwards.

Take this evening at your own pace. Settle in and enjoy the view and make use of our industrial communal kitchen at your leisure or explore the local township, where there are plenty of options for dinner out.

Be sure to arrive while it is still light to check out our magical meditation garden and join us in the Hall from 7.00pm onwards for live music and introductions.

Enjoy a sweet treat and a glass of sparkling punch while you get to know each other and meet the staff.

### **Saturday (all food included)**

Tea, coffee and fruit provided from 5.30am.

6.15am Candle light morning yoga flow.

7.30am Join us in ceremony for hot cacao as we set our intentions for the weekend of wellness ahead.

Breakfast from 8.30am.

9.30am Lake Rotoponamu 5k hike. Meditation and mindfulness in nature and native forest foraging. For your own natural form of cryotherapy, join us for a refreshing dip in the lake.

1pm Lunch. Optional trip to a local underground spring.

3.30pm Afternoon tea platter.

5.30pm Vinyasa yoga class and shamatha meditation.

7.00pm Long table wellness banquet and live music.

Bonfire & Astrology readings.

### **Sunday (breakfast and snacks included)**

Breakfast served from 8.00am.

Free time to enjoy the property.

10.30am Restorative Yoga and Yoga Nidra.

Midday closing ceremony and goodbyes.