

Weekend Sample Itinerary

Friday

- 4.00pm Check in time is 4pm – arrive at your leisure
- 6.30pm Meet and Greet with Anne-Marie in Lodge
- 7.00pm Dinner in our 2AA Rosette Restaurant
- 9.00pm Introduction to the weekend with gentle stretching to release the knots with guided relaxation to unwind after travel.

Saturday

- 8.30 – 9.30am Early morning session - Breathe in the energy of a new day with specific movements and breath work to raise your energy vibration.
- 9.30am Breakfast in the Hotel
- 11 – 1.00pm A guided session of restorative yoga postures that enables you to release old stuck energy and begin a journey of letting go.
- 1.00pm Light lunch in Hotel
- 2 – 3pm Personal reflective time to walk in nature
- 3 – 5pm Yoga Session – Introducing the natural elements of earth, water, fire and air exploring how we can connect to and harness this energy to enhance health and wellbeing. This session will be conducted indoors and outdoors (weather permitting).
- 7.00pm Dinner in our 2AA Rosette Restaurant
- 9.00pm Entertainment in Harvey's Bar

Sunday

- 8.30 – 9.30am Early Morning Session – A gentle session of stretching movements to open up the subtle energy pathways in the body, helping to calm, relax, renew and revitalise.
- 9.30am Breakfast in the Hotel
- 11 – 12.30pm Final Session – Outdoor Zen meditation walk (weather permitting). Personal Practice programme and introducing Yoga Nidra, a deep restorative relaxation practice.
- Depart for home