

WELLNESS ACTIVITIES

All inclusive retreats include access to complimentary classes that align you with well-being and connect to your creativity. Each activity and class is designed to align with your retreat and will be daily based on a different core value.

Active Yoga Flow

07:00 - 07:45

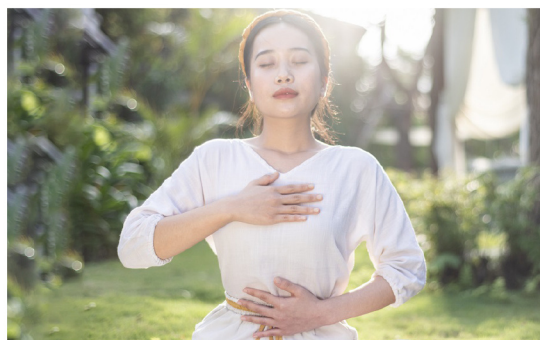
TIA flow combines hatha/ vinyasa yoga styles to boost and align energy, the perfect way to spark creativity, while moving mindfully and building strength and flexibility.



Signature Master Class - Breathwork

09:30 - 10:15

Powerful heart-focused breathing empowers you to slow it down and bring yourself back into balance. This core practice helps to quiet mental chatter so that you can be led by the heart instead



Creative Workshop

14:30 - 15:30

An opportunity to engage in guided creative activities such as collage, drawing and painting aimed to explore and connect with your inner landscape, to open up authentic expression.



Lifestyle Tai Chi

17:30 - 18:00

This gentle method is easy to learn so you can continue to practice at home. Based on Shibashi Tai Chi & Qigong, 18 simple movements are repeated with continuous fluidity, combined with breathwork for relaxation.

