

# YOGA & WELLNESS WEEKEND PROGRAM



FRIDAY 28 FEB

SATURDAY 29 FEB

SUNDAY 1 MAR

**From 2pm**

Check in to lodge

**2pm - 4.30pm**

Massage appointments available

**5.30pm**

Welcome & meditation

**7pm**

Dinner

**8pm**

Massage appointment available



**7.30am**

Wake up detox juice

**8am**

Vinyasa awakening yoga (60mins)

**9am**

Breakfast

**9.30am**

Nutrition discussion

**10am - 12.30pm**

Massage appointments available

**1.30pm**

Lunch

(packed lunch available on request)

**2.30pm - 4.30pm**

Massage appointments available

**5pm - 6.30pm**

Essential oils introduction, followed by Aroma-Yoga session

**7pm**

Dinner

**8pm**

Massage appointment available

**7.30am**

Wake up detox juice

**8am**

Vinyasa awakening yoga (60mins)

**9am**

Breakfast

**9.30am**

Check out of rooms

**10am - 12.30pm**

Massage appointments available

**1.30pm**

Lunch

(packed lunch available on request)



## GETTING HERE:

Thredbo is 30min from Jindabyne on the Alpine Way. You will have to purchase a National Parks pass at the park entry gates (\$17/day). Boali Lodge is on Mowamba Place, Thredbo. Take the 2nd entrance to Mowamba Place, go under the foot bridge and to the left just past the Thredbo Alpine Hotel.

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## OTHER ACTIVITIES TO ENJOY IN YOUR FREE TIME



### REST

Rest and relax in the lodge or outside with a great book surrounded by the stunning mountain views.



### HORSE RIDING

Enjoy a peaceful horse ride through Thredbo Valley.  
1 hour trail ride \$75pp at Thredbo Valley Horse Riding. Ph 6456 2142



### SHORT WALKS

Take a packed lunch and hike one of the many beautiful 1-2 hour walks around Thredbo e.g. the Golf Course Loop or Meadows Nature Track.

### LONGER WALKS

- Try a longer and more adventurous hike, e.g. Dead Horse Gap (4-5 hours).
- Hike to the highest point in Australia Mt Kosciuszko (4-6 hours)  
Self guided walkers will need to purchase a lift pass. A 1 day lift pass is \$42 for 18-59 years of age and \$32 60 yrs and over.
- Join a guided hike for \$55 (including lift pass). Book hikes and passes at [www.thredbo.com.au](http://www.thredbo.com.au)



### RELAX

Get 10% off at the Edelweiss Day Spa at the Denman Hotel.  
Book at [edelweisssdayspa.com.au](http://edelweisssdayspa.com.au)



### SWIM

Enjoy a refreshing swim in the many swimming holes of the Thredbo River.



### MOUNTAIN BIKE

Hire a bike (from \$49) in Thredbo and explore the Thredbo Valley Track or take on the adrenaline pumping downhill trails.

Book lift passes, guided hikes and bike rental in advance at [thredbo.com.au](http://thredbo.com.au)

Visit [www.boali.com.au](http://www.boali.com.au) email [bookings@boali.com.au](mailto:bookings@boali.com.au) or call 0474 240 447 for more information.