

YOGA & WELLNESS WEEKEND

SAMPLE PROGRAM



DAY 1

DAY 2

DAY 3

From 2pm

Check in to lodge

2pm - 4.30pm

Massage appointments / leisure time

5.30pm

Welcome & meditation

7pm

Dinner

8pm

Massage appointments / leisure time



8am

Vinyasa awakening yoga (60mins)

9am

Detox Juice
Breakfast

9.30am

Nutrition discussion

10am - 12.30pm

Massage appointments / leisure time

1.30pm

Lunch
(packed lunch available on request)

2.30pm - 4.30pm

Massage appointments / leisure time

5pm - 6.30pm

Essential oils introduction, followed by
Aroma-Yoga session

7pm

Dinner

8pm

Massage appointments / leisure time

8am

Vinyasa awakening yoga
(60mins)

9am

Detox Juice
Breakfast

9.30am

Check out of rooms

10am - 12.30pm

Massage appointments / leisure time

1.30pm

Lunch
(packed lunch available on request)



BOOK NOW

Visit www.boali.com.au
email bookings@boali.com.au
or call 0474 240 447

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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



RELAX

Get 10% off at the Edelweiss Day Spa at the Denman Hotel.
Book at 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.

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