

Spring Yoga & Wellness Weekend



Friday

NOVEMBER 6

From 2pm	Check-in to lodge
2pm-4.30pm	Scheduled massage appointments
5.30pm	Welcome & "Connect" meditation in the lounge
7pm	Dinner
8pm	Scheduled massage appointments

Saturday

NOVEMBER 7

8am	Awakening Vinyasa Flow Yoga - "Balance"
9am	Detox juice & breakfast
9.30am	Nutrition presentation
10am-12.30pm	Scheduled massage appointments
1.30pm	Lunch (packed lunch available on request)
2.30-4.30pm	Scheduled massage appointments
5pm	Essential oils presentation
5.30pm	Aroma Yin Yoga - "Let Go"
7pm	Dinner
8pm	Scheduled massage appointments

Sunday

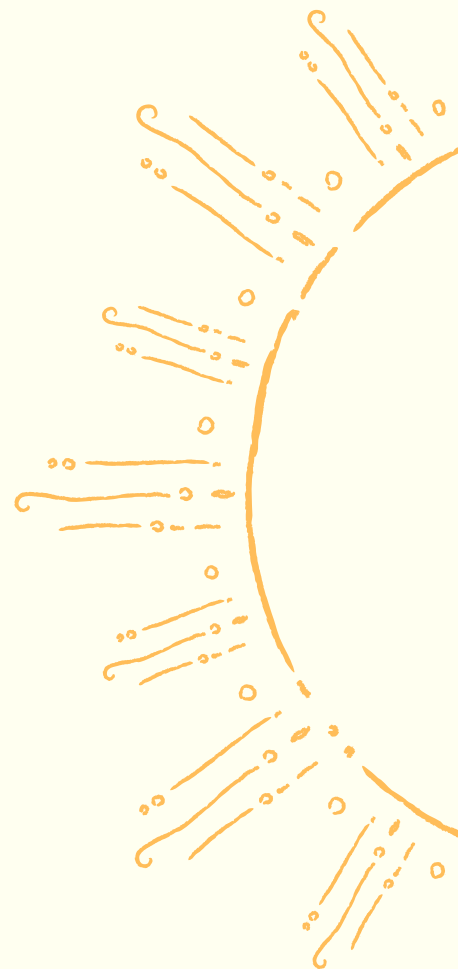
NOVEMBER 8

8am	Awakening Vinyasa Flow Yoga - "Revive"
9am	Breakfast & detox juice
10am-12.30pm	Scheduled massage appointments
12.00pm	Check-out of rooms
1.30pm	Lunch (packed lunch available on request)

Note: To accommodate social distancing yoga will be held in the Townsend Room, Thredbo Alpine Hotel, just across the road from the lodge.

BOOK NOW

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



Spring Yoga & Wellness Weekend



Other free time activities to try

REST

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.

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) or hike to the highest point in Australia Mt Kosciuszko (4-6 hours) *Self guided walkers will need to purchase a lift pass. Visit www.thredbo.com.au for ticket purchases and prices.

RELAX

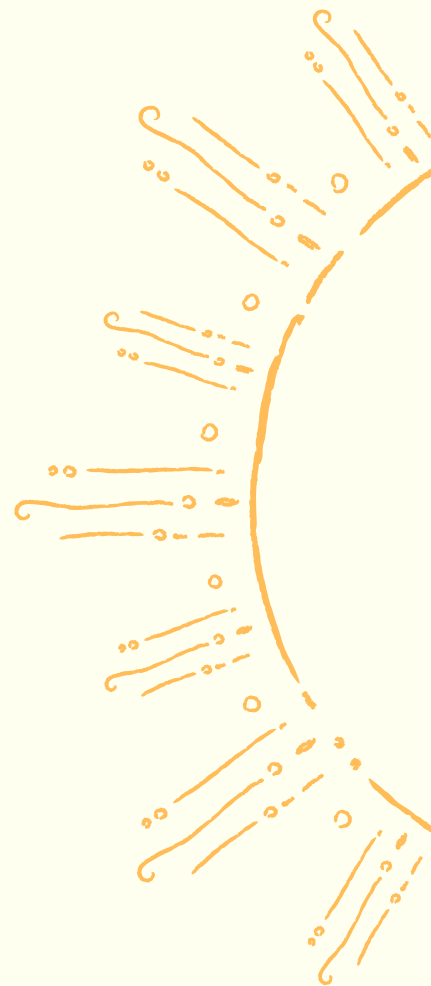
Get 10% off pamper sessions/beauty treatments at the Edelweiss Day Spa at the Denman Hotel.

SWIM

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

MOUNTAIN BIKE

Hire a bike in Thredbo and explore the Thredbo Valley Track or take on the adrenaline pumping downhill trails.



View more activities at www.thredbo.com.au

