

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

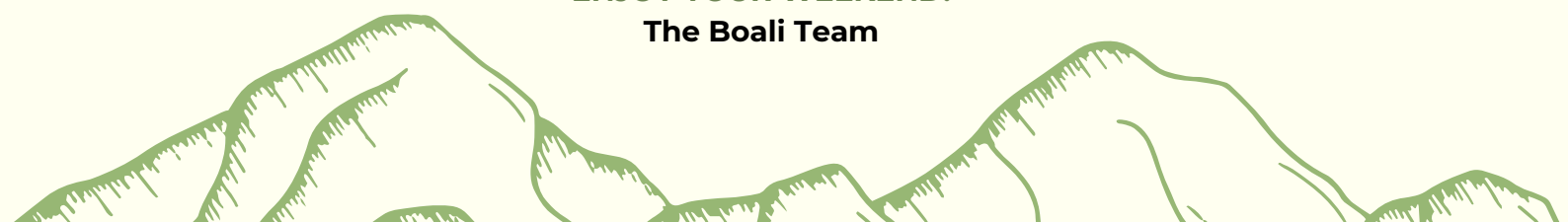
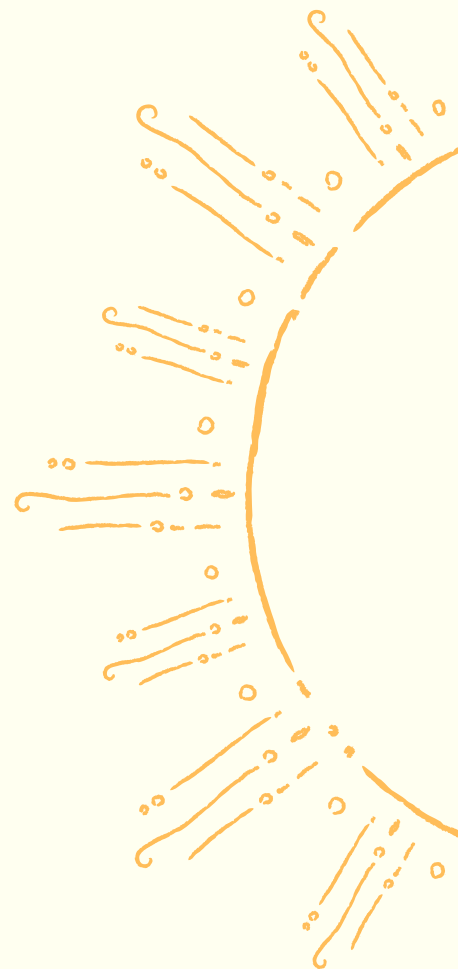
Sunday

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.

ENJOY YOUR WEEKEND!
The Boali Team



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

Enjoy a leisurely walk on one of the many beautiful walks around Thredbo e.g. the Gold Course Loop or Pipeline Path.

LONGER WALKS

Unfortunately guided hikes are not available until the 21st of November but you can still try a self-guided hike. Take a packed lunch and hike the Dead Horse Gap trail taking 4-5 hours or the Mt Kosciuszko Summit trail taking 4-6 hours.

RELAX

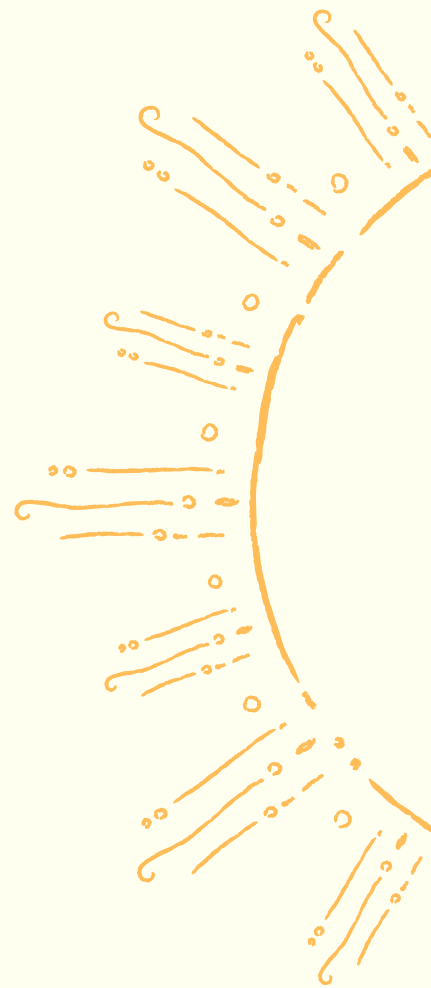
Get 10% off pamper sessions/beauty treatments at the Edelweiss Day Spa at the Denman Hotel.

SWIM

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

MOUNTAIN BIKE

Bring your bike and explore the village trails.



View more activities at www.thredbo.com.au

