

Nurture in Nature

Yoga & Wellness Weekend



Friday

MARCH 19

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| From 1pm | Check-in to lodge |
| 1.30-4pm | Scheduled massage appointments |
| 4pm | Welcome & meditation in the lounge |
| 5pm | Self-care session with Jill Keyte |
| 7pm | Dinner |

Note: Guests will be contacted to book their preferred massage appointment.

Saturday

MARCH 20

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| 8am | Awakening Vinyasa Flow Yoga |
| 9am | Detox juice & breakfast |
| 9.30am-1.30pm | 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 |
| 7pm | Dinner |

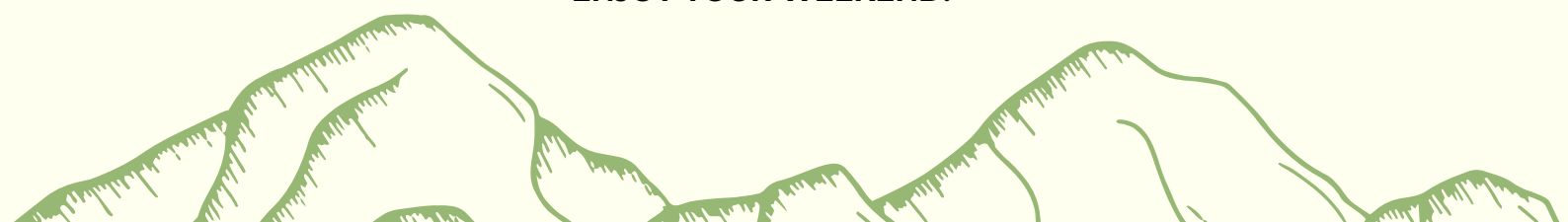
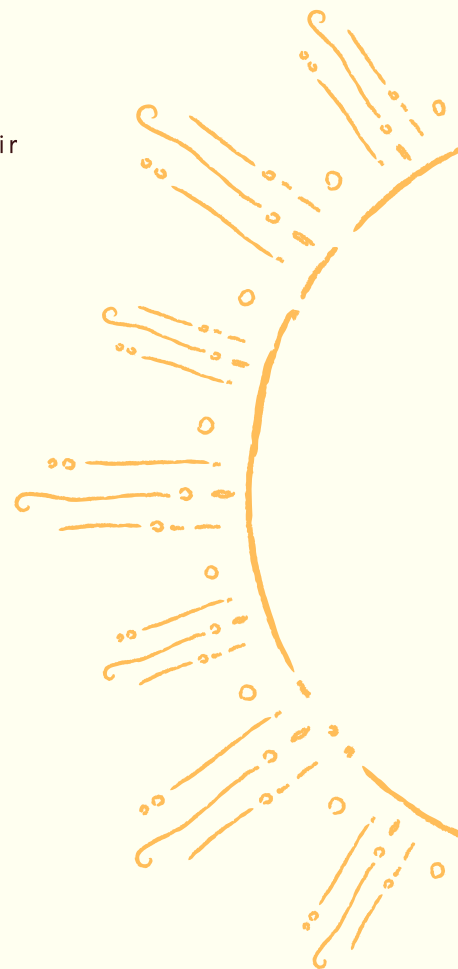
Sunday

MARCH 21

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| 8am | Awakening Vinyasa Flow Yoga |
| 9am | Breakfast & detox juice |
| 10am | Mindful walk |
| 10-12.30pm | 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!



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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

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. A 1 day lift pass is \$45 for 18-59 years of age and \$35 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 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 or hire one at Thredbo Sports and explore the village trails.

View more activities at www.thredbo.com.au

