



# YOGA & WELLNESS

## WEEKEND PROGRAM

### 29 - 31 OCTOBER, 2021

## FRIDAY 29 OCT

From 1:00pm

Check in to the lodge

Scheduled massage appointments

5:00pm

Welcome and guided meditation in the lounge

7:00pm

Dinner

## SATURDAY 30 OCT

8:00am

Awakening Vinyasa Flow Yoga

9:00am

Breakfast

Packed lunch available for collection after breakfast

9:30am - 4:30pm

Free time for outdoor activities and  
scheduled massage appointments

4:45pm - 6:00pm

Qi Gong movement session and TCM Workshop

7:00pm

Dinner

## SUNDAY 31 OCT

8:00am

Awakening Vinyasa Flow Yoga

9:00am

Breakfast

Packed lunch available for collection after breakfast

10:00am - 12:00pm

Scheduled massage appointments

12:00pm

Check out of rooms

### NOTES:

Guests will be contacted to book their preferred massage appointment.

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

To be advised at the welcome.





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## ACTIVITIES TO ENJOY IN FREE TIME

### REST & RELAX

Relax in the lodge or outside with a great book surrounded by the stunning mountain views. Or get 10% off pamper sessions/beauty treatments at the Edelweiss Day Spa at the Denman Hotel.

### WALKS & HIKES

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

To start your hike from the top of the chairlift you will need to purchase a lift pass. A one day lift pass is \$49 for 18-64 years of age and \$39 for 65 yrs and over. Book passes at [thredbo.com.au](http://thredbo.com.au).

### SWIM

Enjoy a refreshing swim in the many swimming holes of the Thredbo River, or in the heated lap pool at Thredbo Leisure Centre.

### THREDBO LEISURE CENTRE

Take advantage of a range of facilities including the gym, lap swimming, bouldering wall, squash court and more. Bookings essential and costs apply.

### MOUNTAIN BIKE

Bring your bike or hire one at Thredbo Sports and explore the village trails.

### GOLF

Play a round of golf on Australia's highest golf course. Thredbo's 9 hole course runs alongside the Thredbo River and around the base of the mountain. Green fees are \$20 and clubs and buggies are available for rental.

### HORSE RIDING

Enjoy a peaceful horse ride through Thredbo Valley. 1 hour trail ride \$95pp at Thredbo Valley Horse Riding.

