



# Wellness Retreat Classes

## Rest

### **Restorative Yoga** (with live music)

With a sense of softness and surrender, this is the ultimate opportunity to give time back to your mind and body. This passive style of Yoga takes you deeper as you target your connective tissues, fascia and ligaments. Experience the bliss of moving into a state of non-doing. Postures will typically be held for three to five minutes, enabling you to heal and relax areas of the body that are generally not reached.

### **Qigong**

An art embracing the mind, body and spirit – Originating in ancient China, Qigong is one of the most effective exercises for health of mind and body. This meditative movement is known for its great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits.

### **Themed Meditation** (with live music)

Meditation is a technique for resting the mind and attaining an altered state of consciousness. In meditation, the mind is clear, relaxed, and inwardly focused. When you meditate, you are awake, alert and are fully focused on the present moment.

Our themed Meditations include;

- Energy Boosting Meditation
- Heart Opening Meditation
- Finding Peace Meditation
- Loving Kindness Meditation

### **Tapping Meditation**

Tapping meditation is a form of meditation which involves tapping certain meridian points with your fingertips. It's a simple and effective practice to help calm the nervous system, restore the balance of energy, reduce stress and improve focus.

# Restore

## **Breath work**

Explore how the conscious acknowledgment and understanding of the breath can help prepare you mentally, physically and emotionally to use your body more efficiently. When you can understand and control your breath, you will be able to have more control over your emotions. Let us guide you through breathing techniques that can help to reduce anxiety, calm the mind, improve digestion and energise the body.

## **Sound Healing Meditation** (live music)

Sound Meditation is one of the most soothing, detoxifying and rejuvenating well-being experiences for mind and body. This workshop deconstructs music into sounds and uses those sounds to help rebalance the body's energy. Relax and unwind to the magical sounds of the gong, drums and bowls in this therapeutic session. We invite you to relax and absorb live healing sounds as you are supported with guided meditation, to leave you feeling a sense of calm, clarity and relaxation.

## **Dance Meditation**

Dance Meditation is an ancient tradition and can be a means for self discovery. As our bodies become energised through expressive movement we are able to release negative emotions or thoughts. We will guide you through genres including rock, classical and African music leaving you feeling calm yet energised.

## **Energy Healing**

Energy healing supports the subtle flow of energy throughout the body, its focus is to restore mental and physical health and a sense of balance. This practice nourishes from the inside out restoring balance to the body mind and spirit.

## **Gong Bath** (live music)

Gong bathing is one of the most soothing, detoxing, rejuvenating experiences for the mind and body. This class is a sound massage for the soul. We invite you to relax and absorb healing sounds, supported with a guided meditation, which will leave you feeling a greater sense of calm, clarity and relaxation.

## **Pilates**

This class has a particular emphasis on the core, it's designed to improve posture by strengthening and stretching the core muscles. The exercises are slow and precise, combined with breath-work, this class will leave you feeling more flexible, less prone to injury and strong from the core.

## **Vinyasa Yoga**

This yoga class focuses on bringing harmony to your mind and body. Our highly experienced instructors deliver a yoga flow to help build strength, improve flexibility, quieten the mind and leave you feeling calmer, more relaxed and in control.

# Renew

## **Face Fit**

This face workout focuses on toning and shaping the muscles of the face, it will support you to loose any tension and boost blood flow, leaving your face glowing, lifted and healthy.

## **Strength & Conditioning**

Strength and Conditioning training is one of the most effective means of improving cardiovascular health, building strength and muscular tone, burning fat and improving metabolic function. Our highly experienced trainers offer low and high intensity interval options for all fitness abilities, providing conditioning for the full body. This class will leave you energised and ready for the day ahead.

## **Topical Wellness Workshops**

We will take you through wellness workshops, to prepare you mentally, physically and emotionally in investing in your whole self. These seminars will leave you with a greater understanding of wellness and provide you with top tips in how to implement these into your daily routine. Our topics include;

- The Art of Self Care
- The Science of Sleep & Rest
- Recharge your Inner Battery
- The Dimensions of Well-being

## **Yoga for fitness**

This Yoga class will enhance your fitness and athletic performance by increasing flexibility and most importantly, reducing the risk of injury. The dynamic movement and combination of postures opens up parts of the body that can feel restricted by increasing functional mobility. Optimise your body and maximise your potential whilst clearing your body and igniting your soul.

## **Mindfulness**

Mindfulness is the art of paying attention. Focusing the mind on something specific and allowing external thoughts to pass. It is an effective tool that you can use in all areas of your life to thrive and live to your fullest potential.

## **Gin Yoga**

Practicing yoga is fantastic for the mind and body, improving strength and flexibility as well as helping to reduce stress and anxiety as we calm the mind through physical and spiritual practice. With the added extra of a taste of Gin, we aim to stimulate your taste buds at the same time as you relax and unwind!

