



WELLBEING WEDNESDAY

We invite you to join our wellness activities at 10.00am, 2.00pm and 3.00pm each Wednesday. In partnership with Studio Paradise, we will be offering activities including breath work & meditation, gentle stretching, and gua sha workshop in our spa. These activities are complimentary with bathing and are available on a 'first in' basis.

	10.00 am Session	2.00 pm Session	3.00 pm Session
2 April	Gentle Stretching	Gua Sha Workshop	Breath Work & Meditation
9 April	Gentle Stretching	Gua Sha Workshop	Breath Work & Meditation
16 April	Gentle Stretching	Gua Sha Workshop	Breath Work & Meditation
23 April	Gentle Stretching	Gua Sha Workshop	Breath Work & Meditation
30 April	Gentle Stretching	Gua Sha Workshop	Breath Work & Meditation

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These experiences are complimentary and are available to guests on a 'first in' basis. Guests are encouraged to leave their name at reception on arrival as spaces are limited. These sessions are suitable for all guests, no experience is necessary. Please advise your instructor if you are pregnant or experiencing any heart conditions.

Breath Work & Meditation

Relearn the sacred art of breathing and some simple yet powerful techniques you can use in your everyday life to instantly relieve stress and anxiety. After this transformative breath work, you will be guided through a soothing meditation designed to create a true sense of connection between body, mind and soul.

Gentle Stretching

Nourish your body and spirit as you are guided through some gentle flowing movements. Loosen up your body and deepen your awareness and connection to self. This will leave you feeling relaxed and grounded.

Gua Sha Workshop

Learn ancient gua sha techniques to sculpt facial muscles, stimulate circulation and collagen production, and decrease puffiness and fine lines.