

4 Days, 3 Night Wellness Retreat

Bay Of Many Coves Wellness Retreat includes daily yoga, a wellness workshop, access to stunning native bush walks, land and water activities, and wellness facilities ~ heated outdoor pool and hot tub. There's always something wonderful to do in our serene and secluded bay.

With a selection of 11 newly refurbished luxe self-contained accommodation options, simply book a retreat and, once you arrive, we will take care of the rest:

- Daily yoga, mindfulness, and meditation practice,
- Wholesome meals by our Executive Chef with plant-based options,
- Full access to Bay of Many Coves land and water activities and wellness facilities (including outdoor hot-tub and heated swimming pool).

Set for Spring 2024, this is the perfect restorative wellness retreat away from the busy-ness of your every day. Give yourself or a loved one the gift of wellness, "me time", and self-care without distractions and immerse yourself in nature.

Suitable for couples, groups, or individuals - A time to unwind and rebalance.

The weekend can follow our sample itinerary or be as flexible as you like:

Arrival day (Day 1)

2:00-4:00pm

- Welcome drink, meet and greet group.
- Settle into your room.
- Explore the Lodge's surroundings.

4:00-5:00pm

One hour Yin Yoga class in the evening before dinner.

6:00-8:00pm

Enjoy a 3-course meal each evening prepared by our Executive Chef (plant-based options available).

7:30pm

- Opening circle: Outlining our intention and meditation practices for the retreat.
- Introduction to mindfulness and meditation.
- Create your own mandala.

Program (Days 2 and 3)

8:00-8:45am

- Pranayama (breathing) and Meditation and discussion.
- Light healthy snacks, juices, and drinks.

(It is important not to eat before practice as some people tend to feel dizzy or sick after some Pranayama techniques.)

8:45-9:30am

Break before light Breakfast each morning of your stay.

9:30-10:00am

Quiet self-reflection, journaling.

10:00-11:00am

Authentic Flow Yoga to get the day started mixed in with some fitness exercise.

11:00-11:30am

Free time.

11:30-13:00

Healthy winter warmer lunch with view over the Marlborough Sounds.

13:00-13:15

Break before Treatments (if booked) or if you are booked for another time you can spend the afternoon however you wish.

Activities

Free time: Read a book by the beach or take a nature walk in the bush. Go bird watching, kayaking, hiking, sailing, or take out one of our S.U.Ps.

13:15-17:15

Treatment and activity time.

18:30-20:30

Enjoy a 3-course meal each evening prepared by our Executive Chef (plant-based options available).

20:30-21:30

Yoga Nitra, Japa meditation and end with sharing circle.

Departure day (Day 4)

8:00-9:00am

Meditation practice and discussion/ Mandala.

9:00-10:00am

Breakfast.

10:00-10:30am

Pack your bags, you are ready to go!

10:30-11:00am

Closing circle: Wrap up and debrief as a group before the water taxi arrives.

Optional

- You can book an additional treatment if you prefer or just stay longer in the resort and take a 4pm water taxi or private taxi if you wish.

