



# Wellness Retreat

by wellness with sayaka

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## Retreat information

**Check in:** Thursday evening any time between 6.00pm – 10.00pm

**Check out:** Sunday at 11am

**Location:** Just inside the Gate Eco Lodge, Yanakie, Victoria

**Price per person:** \$990.00 (incl GST) shared twin or double room with ensuite

**Single room with ensuite:** \$1540.00 (incl, GST)

### Inclusions:

- 3 nights luxury accommodation at Just Inside the Gate Eco Lodge at Wilson's Promontory [www.justinsidethegate.com.au](http://www.justinsidethegate.com.au)
- All meals – Light supper on arrival evening, brunch and dinner on day 2 + 3, brunch on day 4
- Six facilitated yoga and meditation sessions
- Access to beach and hiking at your leisure within Wilson's Promontory National Park
- Optional excursions to The Big Drift and Tidal River to Squeaky Beach walk
- Optional clean eating cooking class
- Evening mindfulness and communication workshops

### Sample schedule:

<b>8am – 10am</b>	<b>Morning yoga, meditation and mindfulness practice</b>
<b>10am – 11am</b>	<b>Brunch</b>
<b>11am – 4pm</b>	<b>Free time to relax or explore Wilson's Prom</b>
<b>4pm – 6pm</b>	<b>Evening yoga, meditation and mindfulness practice</b>
<b>6pm – 8pm</b>	<b>Dinner</b>
<b>8pm – 9pm</b>	<b>Wellness / mindfulness workshop</b>

Linen, towels, shampoo, conditioner, body gel provided.



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## Sample meal plan

Brunch:	Green Smoothie Home-made granola Coconut chia pudding
Snack:	Carrot and apple muffins Peanut butter brownies
Dinner:	Vegan macaroni cheese Rocket, green bean, corn, cranberry, broccoli and cherry tomatoes Apple and berry crumble

Meals are 100% organic and follow a plant based, nutrient rich diet and are high protein, gluten, dairy and refined sugar free.

Nespresso coffee machine and tea making facilities available on-site.