

Yoga Health Retreat Exclusively for 6 guests

Monday:

16.00: Arrive for friendly welcome, afternoon tea and a history and house tour.

Body massage with Robyn for 3 guests – others relax until dinner.

19.00: Casual dinner in the Old Kitchen.

Relax in the house including use of the Library and Ballard Room
Heritage accommodation in the original bedrooms

Tuesday:

06.30: Walk on the property and around the heritage village of Mintaro followed by the 7 rites of Tibetan yoga with Tracy.

0.30: Breakfast in the Old Kitchen

10.00: Colour therapy session workshop with Wendy in the conference room

12.00: Lunch in the Old Kitchen

13.00: Colour therapy continues

15.00: Afternoon tea in conference room

16.00: Session closes

16.30: Yoga with Elizabeth in Drawing Room (2 hours)

19.00: Casual Dinner in the old kitchen

After dinner: body massage with Robyn for 3 guests – other relax in the house including use of the Library and the Billiard Room
Heritage Accommodation in the original bedrooms

Wednesday:

06.00: walk optional or sleep in followed by 7 rites of Tibetan Yoga

08.30: Breakfast in the Old Kitchen

10.00: Dream therapy workshop with Dianne in conference room

12.00: Lunch in Old Kitchen

13.00: Dream therapy workshop continues

15.00: Afternoon tea in conference room

16.00: Session finishes

16.30: Yoga with Louise in the Drawing Room (2 hours)

19.30 Formal dinner in the dining room – then relax in the house including use of the Library and the Billiard Room

Heritage Accommodation in the original bedrooms

Thursday:

0730: Yoga with Louise in the Drawing Room (2 hours)

11.00: Breakfast in the Old Breakfast

12.00: Departure