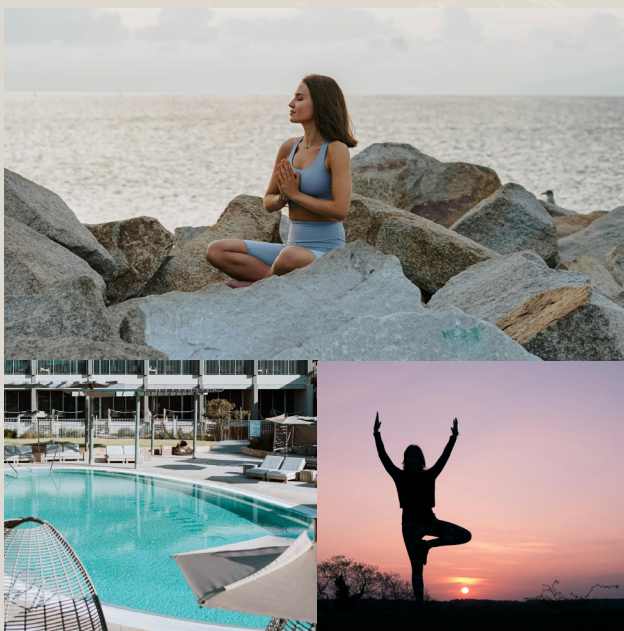


We look forward to sharing this special experience with you.

What's Included

- 2 nights accommodation at Samphire Hotel
- Daily yoga and movement classes (including Pilates)
- All group meals (including at Lontara)
- Guided cooking and mindful eating experience
- Mindfulness and sensory awareness practices
- Detox welcome drinks and curated retreat gifts
- Printed recipes and retreat notes in a Samphire Retreat journal
- Free time to rest, explore, and enjoy Rottnest Island



*Itinerary subject to change.

Itinerary*

DAY 1 - FRIDAY JUNE 20

Arrival & Grounding

3:00 PM - Check-in at Samphire Hotel. Welcome drink upon arrival.

4:00 / 4:30 PM - Retreat Introduction. Group welcome.

5:00 - 6:00 PM - Yin Yoga: A gentle, grounding session to relax the body and prepare for the retreat.

7:00 PM - Group Dinner at Lontara Restaurant.

Evening - Free time and rest.

DAY 2 - SATURDAY JUNE 21

Awakening the Senses

7:30 - 8:30 AM - Morning Yoga: A sensory-based practice to activate the five senses and increase body awareness.

9:00 AM - Conscious Breakfast.

11:00 AM - 1:00 PM - Cooking Class & Mindful Eating Experience.

1:00 PM - Shared Lunch with prepared meals.

Afternoon - Free time to rest, explore the island, or enjoy personal reflection.

5:00 - 6:00 PM - Afternoon Yoga Session.

Evening - Group dinner at Lontara.

DAY 3 - SUNDAY JUNE 22

Departure

7:30 - 8:30 AM - Pilates Class.

9:00 AM - Breakfast and check-out.

Guests may stay on the island to enjoy additional personal time, if desired.