

Daily Wellness Experiences

MONDAY

Restorative Yoga

4.00pm – 5.00pm

Bayside Room

Floor-based postures. Grounding. Earth breathing.

TUESDAY

Energising Pilates

8.00am – 9.00am

Bayside Room

Spinal fluidity. Continuous movement.

Ice Bath

12.00pm - 12.30pm

Pool Lawn

WEDNESDAY

Restorative Yoga

4.00pm – 5.00pm

Bayside Room

Pranayama. Chest openers. Spaciousness

THURSDAY

Energising Yoga

8.00am – 9.00am

Bayside Room

Dynamic vinyasa. Tapas. Strength postures

FRIDAY

Restorative Yoga

4.00pm – 5.00pm

Bayside Room

Gratitude yoga. Nature breathing. Gentle close.

SATURDAY

Power Pilates

8.00am – 9.00am

Bayside Room

Full-body work. All planes of movement

Ice Bath

12.00pm - 12.30pm

Pool Lawn

SUNDAY

Yoga + Journaling

8.00am – 9.00am

Bayside Room

Gentle yoga. Closing writing. Planting intention

Program timing is subject to change.

Bookings essential

Contact reception@samphirerotttnest.com.au

SAMPHIRE
ROTTNEST