

# Daily Wellness Experiences

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## MONDAY

### Restorative Yoga

4.00pm – 5.00pm

Bayside Room

Floor-based postures. Grounding. Earth breathing.

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## TUESDAY

### Energising Pilates

7.30am – 8.30am

Bayside Room

Spinal fluidity. Continuous movement.

### Ice Bath

12.00pm - 12.30pm

Pool Lawn

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## WEDNESDAY

### Restorative Yoga

4.00pm – 5.00pm

Bayside Room

Pranayama. Chest openers. Spaciousness

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## THURSDAY

### Energising Yoga

7.30am – 8.30am

Bayside Room

Dynamic vinyasa. Tapas. Strength postures

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## FRIDAY

### Restorative Yoga

4.00pm – 5.00pm

Bayside Room

Gratitude yoga. Nature breathing. Gentle close.

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## SATURDAY

### Power Pilates

7.30am – 8.30am

Bayside Room

Full-body work. All planes of movement

### Ice Bath

12.00pm - 12.30pm

Pool Lawn

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## SUNDAY

### Yoga + Journaling

7.30am – 8.30am

Bayside Room

Gentle yoga. Closing writing. Planting intention

Program timing is subject to change.

Bookings essential

Contact [reception@samphirerottnest.com.au](mailto:reception@samphirerottnest.com.au)

**SAMPHIRE**  
ROTTNEST