



## A Typical Day



Sunrise Flow Yoga  
Energising Breakfast  
Sub Alpine Hike



Nutrient Dense Lunch  
Rejuvenation & Spa Time  
Therapeutic Massage



Functional Strength Training  
Nutrition Demo  
Restorative Yoga  
Mindfulness Practice



Dinner  
Write to Ignite or Spa Time



We follow a proven template that is as dynamic as our subalpine setting. You will be exposed to a mix of teachings, guides, practices, and nature adventures, all chosen for their complementary attributes.



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