



# WELL WITHIN YOGA RETREAT

- 2-day Residential retreat, including accommodation in our Harbour View Room
- 2 Nights Bed & Breakfast with Dinner on one evening
- All Activities
- Complimentary access to our lifestyle pool and thermal suite

## DAY 1: FRIDAY

- 4pm: **Check-in** any time after 3pm
- 5.30pm: **Meet & Greet in the Atlantic Suite.**  
**Welcome and Introduction. Atlantic Suite 4th Floor with psychologist & therapist Derrick Harshberger.** Well Within Overview talk on conscious eating, mindfulness, and how to make sustainable behavioural changes. Group discussion on your intentions for the retreat.
- 8.45pm: **Wisdom within Meditation in the Atlantic Suite.**  
Stretching and guided meditation led by Derrick to help you learn to listen to the body and the inherent wisdom within.

## DAY 2: SATURDAY

- 8am: **Breakfast**
- 9.30am: **Wake Up Yoga with Elizabeth Potts in the Yoga Root.**  
A practice of energising yoga poses and breath-linked sequences to stimulate life force through your energy channels.
- 11am: **Mindfulness & Behaviour with Derrick in the Atlantic Suite**  
Learn to become more present for effective behavioural changes. A worksheet for SMART goals will be provided along with healthy teas and snacks.
- 5.30pm-7pm: **Unravelling Movement with Derrick in the Yoga Root**  
Unlocking & understanding your body through movement. Gentle floor-based practice.
- 7.30pm: **Evening Meal** - enjoy the occasion of dining at long tables alongside your fellow foodies for a taste sensation of 3 courses of unique sharing platters

## DAY 3: SUNDAY

8am:

**Breakfast**

9.30am:

**Yin – Yang Flow in the Yoga Root with Derrick.**

A customised and dynamic blend of yoga, somatics and qi gong, this class is a form of movement therapy that will create and nurture harmony through embodying the lessons learned on the retreat.

(Somatics is a movement therapy, a way of re-educating the way our brain senses and moves our muscles. It is an incredibly subtle but effective way of working with the body.)