

ARRIVAL OPTIONS

Arriving Friday 29th March

Option to arrive and check in from 2:00pm as your room will be ready for you.

Please come straight to reception and check in, grab your room key and staff will take you to your room, where you will receive your welcome gift.

After check in you can enjoy the facilities, explore San Remo and/or grab something for dinner until we meet for Welcome drinks at 7.00pm followed by an inspiring Yin Yoga session with William Wong at 8pm.

You will then retire for the evening and be refreshed to experience a wonderful selection of sessions scheduled for Saturday.

Arriving Saturday 30th March

For those who may not be able to get away from work or other commitments on the Friday, you can join us for the first session at 9am on Saturday 30th March, check into your room after lunch (2pm), receive your welcome gift and enjoy the rest of the retreat.

Which meals are provided?



For those staying from Friday night at the Silverwater Resort, a full buffet breakfast will be provided on Saturday and Sunday morning. For those who join us and stay from Saturday morning, a full buffet breakfast will be provided on Sunday morning. Dinner* will be provided at the Silverwater Resort Restaurant on Saturday evening to bring us all together. Morning Tea & Coffee will be provided on Saturday and Sunday morning workshop for those attending sessions.

*See package options to ensure dinner is included.

Just attending the workshops?

You will arrive for each session as scheduled.

(For any other options you may require but are not listed please contact Marena Digby on 0412 500 649)

SESSION INFORMATION

FRIDAY 29th March 2019

Check in from 2pm

7.00pm – 8.00pm – **Welcome drinks**

8.00pm – 9.30pm – **Yin Yoga**

Presented by William Wong



This style of Yoga addresses the much-needed element of stimulation of the nervous system to enhance release in the body. Through a series of supported exercises using bolsters, yoga blocks, blankets, etc. this class will help release tension in the fascial networks of the body, the organs, the muscles and mind. This element of health/fitness is often the most overlooked and yet the most needed.

9.30pm – **Retire for the evening**

SATURDAY 30th March 2019

Breakfast 7am – 8.45am – **Head to the restaurant for your hot & cold buffet breakfast**

9am – 10.15am – **Energise & Mobilise**

Presented by Chris & Marena



Saturday morning begins with a Pilates Mat Class on the lawn (*weather and temperature permitting, otherwise it will take place in the Winston Churchill Room*). This Pilates class will invigorate and strengthen the whole body in a functional way. You will feel more aligned, mobile, energised and strengthened after this session. This session will use Pilates exercises that address the whole body focusing on improving range of motion in the joints, balancing the muscles and aligning the bones.

10.15am – 10.30am – **Tea & Coffee Break**

10:45am - 12:15pm – **Vinyasa flow**

Presented by William Wong



A wonderful session that will take you through revitalising, strengthening and mobilising yoga poses. Accessible to all levels through variations if and where needed, you will experience the flow of Yoga. The session will work your entire body and finish with a shivasana (short relaxation) so your body can take on all the great physical and physiological benefits as result of the poses performed.

12:15pm - 1:30pm – **Break for lunch**

1.30pm – 2.45pm – **Long & Strong Workshop (Pilates for stretch & strength)**

Presented by Marena & Chris



A Pilates session focusing on lengthening and strengthening. Working on the deep stabilisers of the entire body, the two way stretch and correct use of the powerhouse used in the Pilates classical method. This class is about creating length and strength in your own body to reduce stress on the joints, create more flexibility whilst enjoying a challenging but achievable workout.

3.00pm – 4.00pm – **Free Time**

4.15pm – 6.15pm – **Move & Groove your way to Health**

Presented by Ann-Marie Pistikakis from Move Culture



This is a fun, energetic session with simple moves to music. Not everyone 'loves exercise', so this is a way get fit and not notice your exercising! It is a chance to let your hair down, move to music and just enjoy yourself. No ego, no rules, it's not a dance class for dancers, it's for anyone who just loves to move to music. Ann-Marie is one of the best and most approachable presenters in this field and knows how to make everyone comfortable so they can dance like no one is watching...a must attend!!

7:30pm – 10.00pm – **Gratitude Dinner**

provided by The Pilates Company in The Silverwater Resort Restaurant.

10.00pm – **Retire for the evening**



SUNDAY 31st March 2019

Breakfast 7am – 8.45am – *Head to the restaurant for your hot & cold buffet breakfast*

9am – 10.15am – *bodyArt*

Presented by Marena Digby

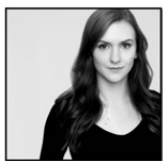


bodyArt (Created by Robert Steinbacher from Germany) is an incredible mind/body program that draws from various exercise modalities and rehabilitation exercises. Using music to set the scene, the class takes you through 5 elements of Traditional Chinese Medicine creating a dynamic link between active and passive movement, as well as the effects of tension and release. A wonderful sensation of moves that will strengthen, inspire and restore your body.

10.30am – 10.45am – *Tea & Coffee Break*

11:00am - 12:15pm – *Extend your Practice*

Presented by Sophie Briggs



A workshop/class that will delve into healthy extension of the spine and working the extensors of the body. Research repeatedly shows that extension of the spine and well-functioning muscles of the entire back of the body is crucial to a healthy spine/core. This class will take you through exercises that safely progress you to finding a healthy way to strengthen and mobilise the back muscles (glutes, hamstrings and spinal extensors).

12:30pm - 1:45pm – *Break for lunch and check out. Place bags in The Winston Churchill room.*

2:00pm – 4.00pm – *Natural Walking / Heart Meditation*

Presented by Donna Ellerton



Natural Walking on the lawn, (weather and temperature permitting, otherwise it will take place in the Winston Churchill Room). Followed by heart meditation in the Winston Churchill Room.

Donna will take you through an experience of Natural Walking. Undo years of damage to your body by deeply realigning your spine and adjusting the meridians, muscles and reflexology zones of your whole body, even when you walk in daily life! Reverse the clock and reawaken your body's natural healing capabilities with Natural Walking. This will be followed by a Heart Meditation, this is a remarkably simple, yet effective, heart-based practice that is centered on 'feeling' rather than on brain-oriented visualisations or breathing techniques. This method helps you to reduce stress levels and heal on a deep internal level.

4:00pm - 5:15pm – *Pilates Flow to take you home*

Presented by Chris & Marena



A Pilates class focusing on seamless flow from one exercise to the next. The Pilates method was designed as a system to keep the body moving, the body was designed to move. This session will give you the sense of no beginning, no end; getting you out of your head and into your body so you can experience the joy of flow.

5:15pm – *Depart for home*

