REENERGISE

PROGRAMME
DAY 1

45-MINUTE NUTRITION CONSULTATION
A consultation with our nutrition specialist will provide guidance and a plan tailored to your individual goals.

60-MINUTE PERSONAL TRAINING
An instructor will work with you to identify your fitness needs and formulate the appropriate routine to gain optimal results.

90-MINUTE INTELLIGENT MOVEMENT
This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

PLANT-BASED LUNCH IN THE BAY
Nourish your body with a healthy plant-based lunch menu at The Bay, our beachside brasserie.
REENERGISE
PROGRAMME
DAY 2

HATHA YOGA
Bespoke exercises designed to align and calm your body, mind, and spirit.

90-MINUTE DEEP RELIEF MASSAGE
This deep tissue massage will ease muscle discomfort and strengthen joints.

PLANT-BASED LUNCH IN THE BAY
Nourish your body with a healthy plant-based lunch menu at The Bay, our beachside brasserie.
YIN YOGA
A dynamic style of yoga great for building core strength and toning the body.

60-MINUTE BLISSFUL MARMAR
Experience effective and immediate relaxation by relieving all stress-related tension.

PLANT-BASED LUNCH IN THE BAY
Nourish your body with a healthy plant-based lunch menu at The Bay, our beachside brasserie.