



REENERGEISE

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.



REENERGEISE

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.



REENERGEISE

PROGRAMME

DAY 3

YIN YOGA

A dynamic style of yoga great for building core strength and toning the body.

60-MINUTE BLISSFUL MARMA

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.