



GLASS HOUSE

DETOX & WELLNESS RETREAT

EVENING ENTERTAINMENT

All evening sessions start at 8pm. Please arrive shortly before to be ready to start at 8pm.

Candle Lit Yoga

Monday with Lauren in the Fitness Studio

The class would consist of breath awareness, mindfulness and grounding working on body alignment, core strength and balance. Ending with assisted relaxation (adjustments).

Mindful Eating

Thursday with Kelly in the Lounge

Like most of us, you've probably eaten something in the past few hours. And, like many of us, you may not be able to recall what you ate. We often eat out of habit or in response to an emotion. During the one-hour workshop, you will learn about mindful eating. This is the practice of bringing your full attention to your experiences, cravings and physical cues when eating. You will understand the theory behind it all and how it can help you change your eating habits for good. We will understand how you can use mindfulness to eat slowly and without much distraction and train yourself to listen to physical hunger cues and eat only until you are full. You will also get an e-book to take away with you to support your practice of mindful eating long after the talk has finished.

Hypnosis and Relaxation

Tuesday with Natalie in the Fitness Studio

This workshop has the intention of bringing deep physiological relaxation by relaxing the body, focusing the conscious mind, which allows the subconscious mind to be targeted and triggered. From here, you can train the body to calm down physiologically, entering the parasympathetic nervous system.

Wellness Welcome

Friday with Michael in the Lounge

The perfect welcoming from our in-house Wellness Team where you find out a little more about the retreat, meet the Wellness manager and start your stay by setting your intentions.

Sound Therapy

Wednesday with Colin in the Fitness Studio

Being surrounded by Crystal Sound waves gently rippling gently through the body increases relaxation and aids healing within the mind and body. The Crystal Singing Bowls have a unique way of calming and healing the body therefore neutralising stress and even illness. This is achieved by taking the body into the parasympathetic nervous system which is responsible for faster healing.

Aromatherapy

Saturday with Jacky in the Lounge

Joining our Wellness Advocate Jacky Rands, she explains from her compelling personal story how essential oils have changed her and her family's life and explains the different essential oils, their properties and what they are good for.