



GLASS HOUSE

DETOX & WELLNESS RETREAT

EVENING ENTERTAINMENT

Please arrive shortly before your session ready for a prompt start.

Candle Lit Yoga

Monday @ 6.15pm 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).

Hypnosis and Relaxation

Tuesday @ 8pm 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.

Relax Pilates

Wednesday @ 6.15pm with Colin in the
Fitness Studio

Evening pilates is a relaxing approach to Pilates. Focusing on breath control, balance and deep stretches.

Mindful Eating

Thursday @ 8pm 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.

Aromatherapy

Thursday @ 6.15pm 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.

Breathwork Session

Friday @ 6.15pm with Michael in the Lounge

Breathwork refers to any type of breathing exercises or techniques. People often perform them to improve mental, physical, and spiritual well-being. During breathwork you intentionally change your breathing pattern to allow the body to enter into the parasympathetic restful state.