



## 5 Day All-Inclusive Beachside Health Retreat

Lakes Entrance

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From **\$3,000** pp Twin Share

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Relax & reconnect with this all-inclusive retreat

Enjoy premium beachfront accommodation

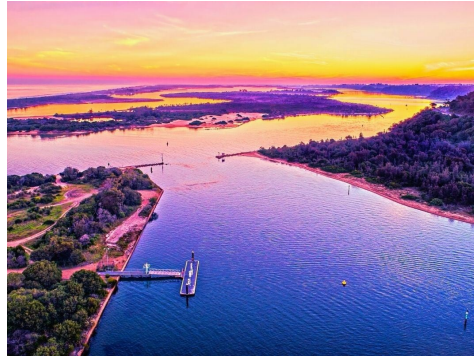
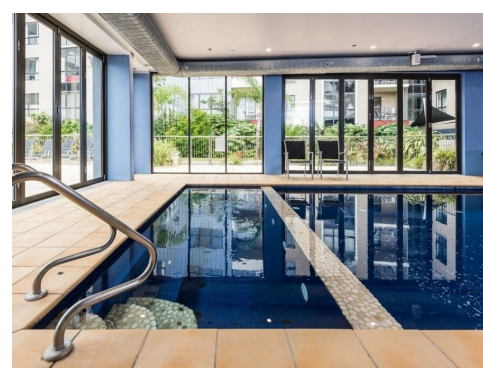
All chef-prepared, locally sourced meals

A range of mindfulness & fitness sessions

Spa treatment, coach + more!

## Description

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Lets get physical!

Perfectly located between two pristine stretches of water forming the eastern end of the Gippsland lakes at Lakes Entrance, The 4.5\* Esplanade Resort offers the perfect Lakes Entrance accommodation, and is an ideal spot to unwind, reset and reconnect with your own wellness.

Treat yourself with this all-inclusive, 5-day health retreat, which includes premium accommodation, chef-prepared meals, wellness and fitness sessions, a fitness coach, a range of guest speakers and even a spa treatment!

**Book now with only 50% deposit, and get 50% off!**

## Itinerary

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### Day 1

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Arrive at the property and check in. Rest and relax in your comfortable room, or have a quick wander around the vibrant coastal town of Lakes Entrance. But remember to get an early night - tomorrow, the fun starts.

\*Daily schedule may fluctuate as per coach's recommendations, weather or other factors.

Accommodation: Esplanade Resort, Lakes Entrance

Meals Included: None

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### Day 2

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Head downstairs early and get ready for day 1 of your retreat! A typical day looks like:

6-7am Yoga

7-8am Breakfast

8-10 am Fitness Session

10 - 10.30am Morning Break

10.30 - 12 Fitness Session

12 - 2pm Lunch

2 - 3pm Guest Speaker

3 - 3.30pm Afternoon Break

3.30 - 4.30 pm Fitness Session

4.30 - 5.30pm Free time

5.30 - 7pm Dinner

7pm Evening Activities (Optional) / Free time

Accommodation: Esplanade Resort, Lakes Entrance

Meals Included: Breakfast, Lunch & Dinner

## Day 3

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Enjoy another day of your fun-filled wellness schedule.

Accommodation: Esplanade Resort, Lakes Entrance

Meals Included: Breakfast, Lunch & Dinner

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## Day 4

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Enjoy another day of your fun-filled wellness schedule.

Accommodation: Esplanade Resort, Lakes Entrance

Meals Included: Breakfast, Lunch & Dinner

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## Day 5

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Enjoy another day of your fun-filled wellness schedule.

Accommodation: Esplanade Resort, Lakes Entrance

Meals Included: Breakfast, Lunch & Dinner

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## Day 6

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After a morning class and breakfast, it is time to say goodbye your new friends and check out at 11am.

Meals Included: Breakfast

## Inclusions & Exclusions

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### Inclusions

- 5 nights quality private accommodation
- All meals (5 breakfasts, 5 morning snacks, 4 lunches, 4 afternoon snacks & 4 dinners)
- Fitness sessions
- Wellness Sessions
- Day Spa treatment
- Fitness coach, guest speakers + more!

### Important info:

Guests of all ages (18+), abilities and fitness levels are welcome and catered for. If you have any specific dietary requirements, please let us know at time of booking.

All equipment is provided.

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### Exclusions

- Optional gratuities/tipping
- Optional activities/tours
- Personal expenses
- Travel insurance

*Other retreat dates available on request. All retreats begin with check-in on the Sunday night, and run from Monday - Friday.*

### Cancellation policy:

This package is fully changeable or refundable in the instance that government restrictions impact your ability to take part.