

# Wellness Escape *with* Fluidform & Halcyon House

*Sunday*

Welcome Gut Tonic & Energy Balls  
Pilates With Kirsten  
Somatic Movement & Breathwork  
Welcome Dinner At Paper Daisy  
LED Face Mask  
Guided Meditation & Wind Down

*Monday*

5km or 10km Beach Walk Along Cabarita Beach  
Fresh Juice & Gut Tonics  
Morning Pilates With Kirsten  
Wellness-inspired Breakfast At Paper Daisy  
Contrast Recovery Programme At The Wellness Space  
Spa Treatment At Halcyon House Spa  
Dinner At Paper Daisy  
LED Face Mask  
Guided Meditation & Wind Down

*Tuesday*

Sunrise Beach Pilates  
Fresh Juice & Gut Tonics  
Wellness-inspired Breakfast At Paper Daisy  
Leisure Time For Surfing, Bike Riding Or Beach Walks  
Pilates & Pins (Acupuncture)  
Dinner At Paper Daisy  
Evening Pilates Activation & Stretch  
LED Face Mask

*Wednesday*

5km or 10km Beach Walk Along Cabarita Beach  
Fresh Juice & Gut Tonics  
Morning Pilates with Kirsten  
Personal Postural & Movement Analysis  
Contrast Recovery Programme At The Wellness Space  
Reflection & Farewell