



Wellness mini-moon

LIGHT YOURSELF UP WITH A WELLNESS BREAK OF
MOOD-BOOSTING GOOD VIBES



Congratulations! If you're reading this, it means you're about to get married, just been married, celebrating your anniversary or just your love and devotion for each other. This is a yoga retreat designed for wellness-loving couples.

How it works

Every detail planned for you

This is just a base and we can tailor it to your intentions. If fitness is your priority we will choose yoga teachers whose style is more dynamic or we can offer Pilates, Barre and HIIT. If you are looking to relax we will infuse your itinerary with mindfulness and meditation. Our masseuses (if you choose to have a massage) will come to you when it suits you. The idea is that everything is done for you.

Once you have dates in mind, we will reach out to our providers for availability and present to you two options to choose from. We generally have good availability as we are working with a few providers, so we can always accommodate. From there everything is easy.

We will just ask a couple of questions and once we determine your intentions and goals, we will put together the ideal itinerary for you. You will just sit back, relax and we will take care of the rest.

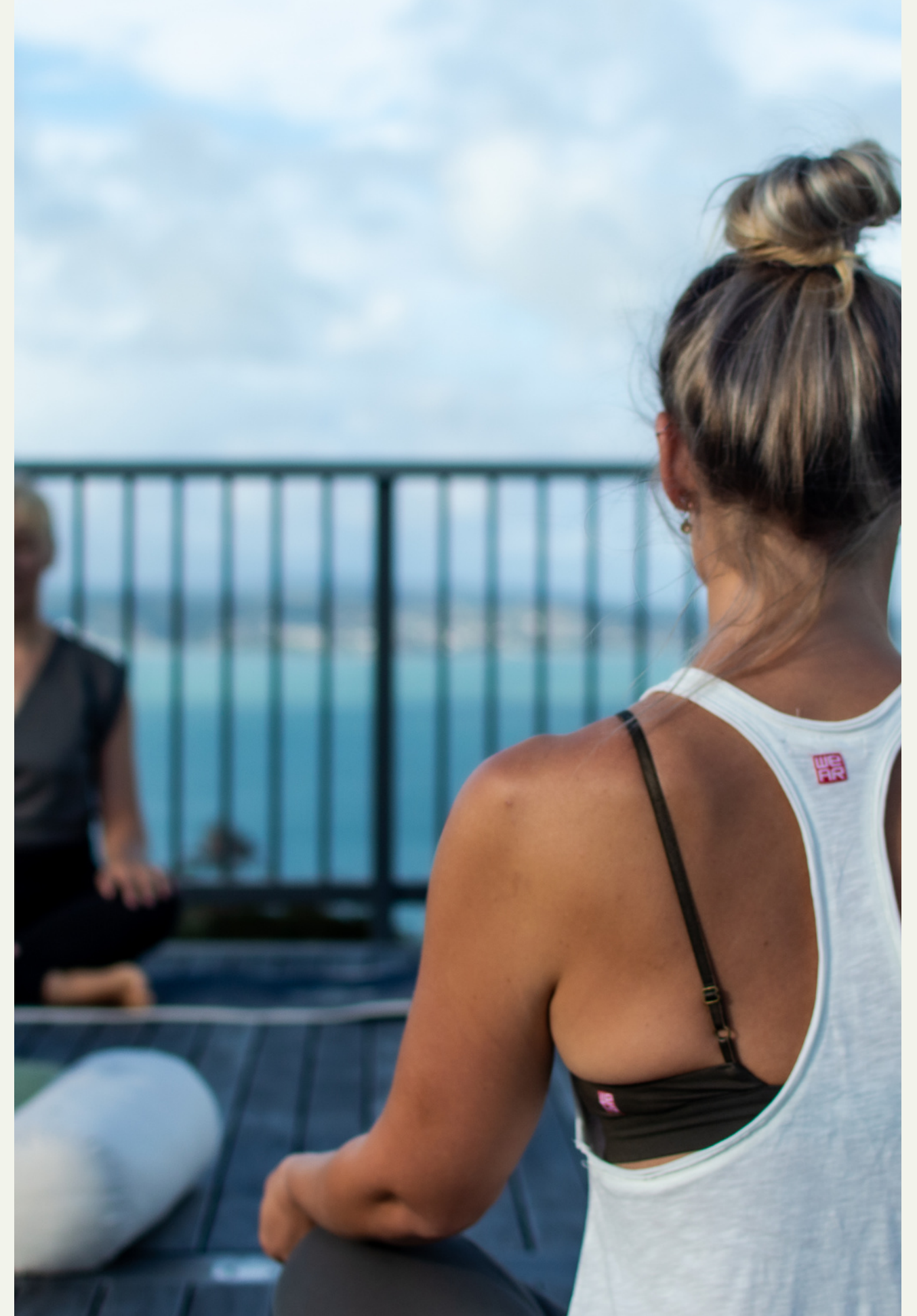
Do

Day 1

Arrival & welcome drinks
Relaxing Yin Yoga session
Romantic plant-based dinner

Day 2

Morning flow
Plant-based cooked breakfast
Free time for massage & facials or explore the walking tracks around your accommodation
Lunch
Restorative yoga
Plant-based dinner in the candlelight





Do

Day 3

Morning wellness session
Smoothie bowls for breakfast
Check out
Drive to Matiata & return

Stay

We are working with some of the best accommodation providers on the island. We will choose a suitable house for your group, always maintaining high standards. This means you will have a spa pool available and stunning views. Luxurious linen and toiletries are provided for the most comfortable stay.



Pricing – Bronze

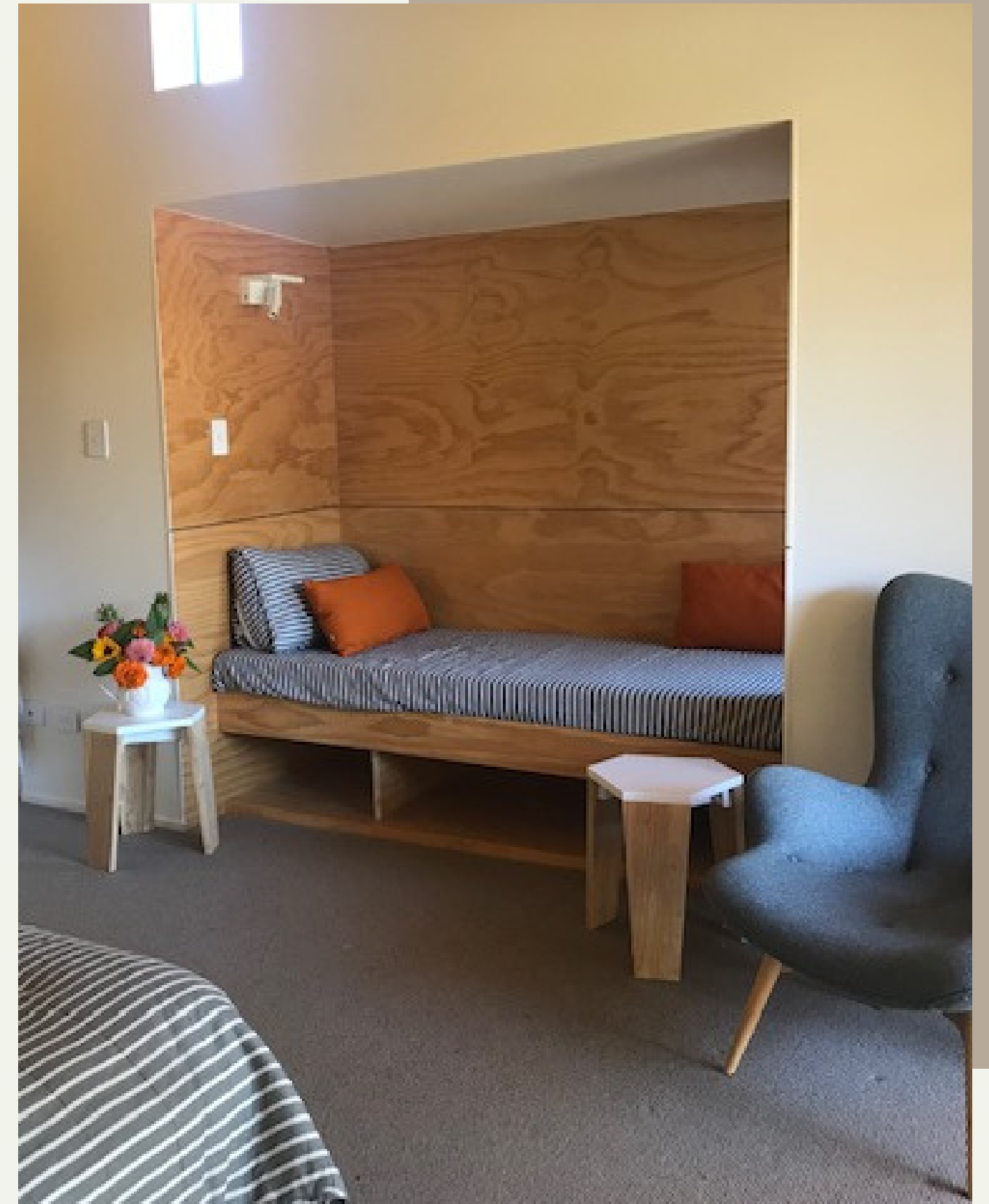
Stylish accommodation

May – September

From \$2,200 per couple

October – April

From \$2,400 per couple





What's included

Every detail planned for you

- 2 nights stylish and modern accommodation (no pool or spa pool)
- 4 x private or group classes
- Plant-based breakfasts in-house
- Plant-based lunches in-house
- Drinks & healthy snacks
- STEM lavender eye pillow to take home

Koukoulee

Pricing – silver

4-star accommodation
May – September
From \$3,100/per couple

October – April
From \$3,300/per couple



Pricing - gold

5-star accommodation
May - September
From \$3,400/per couple

October - April
From \$3,600/per couple





What's included

Every detail planned for you

- Shuttle transfers to accommodation
- 2 nights in 4 or 5-star accommodation
- 4 x private or group yoga sessions
- All plant-based meals at the house except one lunch to allow you to explore the island
- Drinks and healthy snacks
- STEM eye pillow to take home

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Add ons

1-HOUR MASSAGE AT OUR STUDIO

\$140 pp

1-HOUR BESPOKE FACIAL AT OUR STUDIO

\$155 pp

1.5 HOURS MINDFULNESS WORKSHOP

\$80 pp



What our guests said

"Big Thank you to Vassia, teachers, and students.
Our yoga retreat has had a great impact on my everyday life.
I am meditating daily and have slept better than I have in
months."

Tania, attended a retreat in April 2021

What our guests said

"My 7-year-old told me this week that I am much nicer since I went away, so thanks also for the zen I took home!"

Nadine, attended a retreat in April 2021

Book your group

You don't have to be a seasoned Yogi to join and enjoy our retreats. All yoga sessions are suitable for all levels and adjustments will be provided.

Who is it for?

This retreat is perfect for couples looking to spend quality time and disconnect from the day-to-day. It is a great way to relax after your wedding ceremony or celebrate your anniversary.

If you are in need for some time to stay still, reconnect with your other half and feel present then this is one for you.

All our retreats can be adjusted to your needs and budget. They can also be longer or shorter depending on your availability.





About our retreats

Rather than pressuring people into impossible stereotypes, our retreats celebrate authenticity. Our whole reason-to-be is about sharing a gentle, balanced and optimistic break from the norm.

We thoughtfully and intentionally slow-down and break the pattern by feeding the body and soul, so you get some sanctuary and leave feeling inspired and better than before. It's an easy-going break to meet you where you are at and regain your mojo.



GET IN TOUCH



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