

Package

WELLNESS

Stay & Reset



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Take a break at Mansi and head back to the real world relaxed and ready to tackle life with a fresh approach.

Mansi offers you a 3 or 5 day option of pure sleep, relaxation, yoga, meditation, massage, walks, bike rides, essential oil work shops, Boat cruise, Real food..

This is all combined with Coaching sessions designed to enhance your health and life style with MASS.

www.massmuscleactivationandstrength.blog



Cost

\$1950 per person
Price for 2 People



Duration

3 - 5 days



Staying in

> Georgian Town House

Your program

Day 1

- 3.00 pm** Welcome
- 4.00 pm** Massage
- 7.00 pm** Dinner
- 8.00 pm** Discovery goal Setting

Day 2

- 7.00 am** Walk / Yoga
- 9.00 am** Healthy breakfast
- 10.00 am** Studio Session
- 1.00 pm** Lunch
- 2.00 pm** Boat Cruise
- 5.30 pm** Free Time
- 7.00 pm** Dinner
- 8.00 pm** Sound Healing Session

Day 3

- 7.00 am** Walk / Yoga
- 9.00 am** Breakfast
- 10.00 am** Studio Session
- 1.00 pm** Lunch
- 2.00 pm** Facial
- 4.00 pm** Free time
- 7.00 pm** Dinner
- 8.00 pm** MASS Conclusion

Day 4

- 9.00 am** Breakfast
- 10.00 am** Essential Oils W/shop

Day 5

- 9.00 am** Breakfast
- 3.00 pm** Free Day/ Check out

If you need more information on our packages,

Please call us on 0408 104 447,

To enquire go to

www.mansi.com.au

Wellness Packages - Stay & Reset



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MANSI

