

# Wellness Retreat

SCHEDULE FEBRUARY 2026

*Our Wellness Retreats follow a gentle structure that combines wellness practices, daily workshops, and nourishing cuisine.*

*This schedule provides a guide to your days, while allowing the flexibility to personalise your journey with spa treatments, leisure time, or additional activities.*

## *Friday – Arrival*

- Check-in at leisure | Welcome hibiscus infused tea & cool towels
- Curated room arrival | Porterage service and a curated room arrival featuring a fresh fruit platter and our signature scented oil burner
- 5pm | Welcome Punch & Canapés in the Brigadier's Lounge
- Explore local dining options, room service or dine in house

## *Saturday - Official First Day*

- 6:30-10am | Breakfast at your leisure overlooking the Coral Sea
- 7:15am | Meet host poolside
- 7:30-8:45am | Poolside Yoga (45 mins) & Journaling
- 10am-11am | Guided Meditation and Sleep Easy
- 11:15-12:15pm | Sound Healing Session
- 12:30pm | Group lunch on the deck under the Melaleucas
- Afternoon at leisure\*
- 3pm | Poolside house-made sorbet service
- 5pm | Punch & canapés in the Brigadier's Lounge
- 6.30pm | Three-course a la carte welcome dinner with your hosts

## *Sunday*

- 6:30-10am | Breakfast at your leisure overlooking the Coral Sea
- 7:30-8:30am | Beachfront Slow Flow Yoga (*public class, meet in reception at 7:15am*)
- 10am-11am | Guided Meditation and Sleep Easy
- 11:15-12:15pm | Wellness Talk: How to Lead a Healthy Lifestyle
- 12:30pm | Group lunch on the deck under the Melaleucas
- Afternoon at leisure\*
- 3pm | Poolside house-made sorbet service
- 4:00pm | Mocktail Mixology Class
- 5pm | Punch & canapés in the Brigadier's Lounge
- Explore local dining options, room service or dine in house





# Schedule Continued

## Monday - 3 Day Retreat Departure

- 6:30-10am | Breakfast at your leisure overlooking the Coral Sea
- 8-9am | Gentle Beachfront Yoga (*public class, meet in reception at 7:45am*)  
OR Poolside Stretch & Breathe
- 10am-12pm | Botanical Drawing Class
- 12:30pm | Group lunch on the deck under the Melaleucas
- Afternoon at leisure\*
- 3pm | Poolside house-made sorbet service
- **3-Night Retreat Ends** (guests may check out after lunch)
- 5pm | Punch & canapés in the Brigadier's Lounge
- Explore local dining options, room service or dine in house

## Tuesday

- 6:30-10am | Breakfast at your leisure overlooking the Coral Sea
- 6:30-7:30am | *Optional* Beachfront Sunrise Vinyasa Yoga (*public class - meet in reception at 6:15am*)
- 7:30-8:45am | Poolside Yoga & Journaling
- 10am-11am | Guided Meditation and Sleep Easy
- 11:15-12:15pm | Tea Blending Workshop
- 12:30pm | Group lunch on the deck under the Melaleucas
- Afternoon at leisure\*
- 3pm | Poolside house-made sorbet service
- 5pm | Punch & canapés in the Brigadier's Lounge
- 6.30pm | Three-course a la carte farewell dinner with your hosts

## Wednesday - Departure

- 6:30-10am | Breakfast at your leisure overlooking the Coral Sea
- 8-9am | Beachfront Vinyasa Flow Yoga (*public class, meet in reception at 7:45am*)
- 12:30pm | Group lunch on the deck under the Melaleucas
- **Retreat Ends**

*\*The perfect time for a spa treatment, lounging by the pool or enjoying our 28+ Signature Inclusions & Experiences. One 60 minute Spa Treatment (30 minute relaxation massage and a 30 minute marine or botanical facial) is included, with additional treatments available to book upon request. Workshop days and topics are subject to change.*

***Find out more at [reefhouse.com.au/wellness-retreat](https://reefhouse.com.au/wellness-retreat)***