



MEN'S DAY RETREAT GIFT CERTIFICATE

To..... From.....

Message.....

Voucher Code:.....Online Booking Code.....

Amount:Expires:

Men's Day Retreats are perfect for busy men who need some downtime in a stressful world. During the day guests learn simple techniques including mindful movement exercises, conscious breathing, easy meditation and whole-food nutrition which when practised regularly can help reduce back problems, stress, depression and weight gain.

You can choose to have a massage, far infra-red sauna or a private consultation (one of these included in price). If a consultation is chosen then you will learn simple breath linked mindful movements that will be designed to suit them whatever unique physical or emotional needs they might have. Consultations are done in a private room and are 100% confidential.

Valid for any Monday, Tuesday, Thursday, Saturday or Sunday.

Inclusions: 9am Wellness Workshop, 12pm Buffet Lunch, 3.30pm mindful movement classes, use of the magnesium pool, unlimited teas and filtered water and your choice of massage, sauna or private consultation (advanced bookings essential).

Reservations required, some restrictions apply.

Instructions for use:
www.billabongretreat.com.au/giftcode

BILLABONG RETREAT

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