

## Tresco Wellbeing Break Itinerary

<b>Monday 12<sup>th</sup> October</b>	
5.30pm	Meet & greet
6.15pm	Yin and meditation class (75 minutes) with Billy <i>Tune into your inner world of energy and sensation</i>
8pm	Group dinner

<b>Tuesday 13<sup>th</sup> October</b>	
10am	Slow Flow Vinyasa yoga (60 min class) with Gem <i>Connect breath and movement in a conscious way</i>
2pm	Mindfulness walk to the north end of Tresco, followed by afternoon tea and coffee at the Ruin Beach Café*  <i>Amble past Cromwell's Castle- a cylindrical artillery tower built in 1651- explore the expanse of heather moorland with views to the uninhabited islets of Tean, St. Helen's and Northwethal and the statuesque Round Island Lighthouse; admire secluded Gimble Porth before arriving back at the white sands of Ravens Porth.</i>

<b>Wednesday 14<sup>th</sup> October</b>	
10am	Jivamukti style power flow vinyasa (60-minute class) with Billy  <i>Explore this strong practice with the breath as your guide</i>
6pm	Kirtan with Billy on guitar  <i>Sing with your heart open (non-singers welcome) in a call and response style. Let go of inhibitions or expectations and the magic will arise.</i>

<b>Thursday 15<sup>th</sup> October</b>	
8.30am	Pranayama and guided meditation (45-minute session) with Billy  <i>Explore how the breath guides your mind. We will observe our breath changing passively and bring awareness to the feel and rhythm of our breath as the essence of who we are.</i>
9.45am	Bryher visit for a gentle coastal walk or individual explorations, stopping at Hell Bay Hotel for a light lunch*  <i>Wander around the smallest island in Scilly which offers scenic contrasts of rugged cliffs and quiet bays and is a haven for peace and tranquillity. Discover the abundance of fresh local ingredients Head Chef Richard incorporates in his lunch menu.</i>

<b>Friday 16<sup>th</sup> October</b>	
7.30am	Sun Salutations at sunrise on the East Coast of Tresco with Gem  <i>Flow with grace and awareness inviting the healing energy of the sun.</i>
3pm	Restorative yoga including a yoga nidra, followed by herbal teas with Gem  <i>Relax, recharge and revitalise with supported postures, finding ease in body and mind.</i>

\*extra charges apply