



Menopause Retreat

8am Spa Arrival

8:30am to 9:30am Outdoor Yoga*

9:30am to 9:45am Welcome Workshop with a Drink

9:30am to 12:30pm Menopause Workshop with Catherine Harland

12:30pm Lunch in Nu Sana &
Yana Active in the Spa Boutique

2:15pm or 3:30pm 60-minute Treatment

4:45pm to 5:00pm Meditation with our Treatment Manager

5:00pm to 6:00pm Skincare Workshop with our Comfort Zone Specialist

Please be aware this is subject to change

*Outdoor Yoga is weather dependent. If weather is unsuitable, Yoga will take place indoors.