

Retreat Schedule (D 1-2)

DAY 1: Friday 9th September

Arrival times for all guest will vary throughout afternoon: Settling in day. Introductions and Meet & Greet, Cassowary Tour and Retreat Orientation with Cassowary Team (Jed, Terry, Kathy, Shannon,)

Throughout the afternoon all guest will meet with Shannon (personal Trainer) for one on one session for assessments on fitness and goals.

Afternoon is otherwise free to lounge around the pool and enjoy the surroundings, light snacks and tropical mock tails (or cocktails) available throughout.

18.00 – 21.00: Sunset welcome get together, with live music and healthy tapas style dining throughout the evening.

DAY 2 : Saturday 10th September

06.15 - 07.15: Sunrise Yoga Session, start the day early with our R, R & R. Relax, Recharge and rejuvenate with Lesley, Cassowary retreats yoga expert. Watch and feel the sun rise over the amazing Cassowary valley, Recharge as Lesley

Retreat Schedule (D 3-4)

DAY 3: Sunday September 11th.

8.00 – 9.30: Breakfast Cassowary Style.

10.00 - 11.30: PT Sessions with Shannon.

12.00 – 1300: Lunch

13.00 – 16.30: Travel to local growers and producers, “Hunting and Gathering”.

17.00 – 19.00: Engage as chef Jed transforms the days catch into a banquet fit for Royalty.

19.00 - 21.00: Dine like Royalty.

Day 4: Monday September 12th.

8.00 - 9.30: Breakfast Cassowary style.

9.30 – 11.30: PT Sessions with Shannon.

11.30 -14.00: The Cassowary Chefs Challenge, You help create you lunch with our hands on cooking class to see who wins the chefs challenge.

15.00 -17.00: Free time to explore the Cassowary property or relax poolside

18.00 – 19.00: Sunset yoga with Lesley.

19.30 – 21.00: The flavor's of the tropics.

Retreat Schedule (D 5 & 6)

Day 5 Tuesday September 13th

7.30 – 9.00 : Breakfast Cassowary Style.

10.00 – 14.00 : Stand Up paddle board tour, picnic lunch.

14.00 - 18.00 : Free time, Massage therapy.

18.00 – 19.00 : Sunset yoga with Lesley.

19.30 – 21.00 : Chef Jed's Asian banquet.

Day 6 Wednesday September 14th, Departure Day.

7.30 – 9.30 : Breakfast Cassowary Style.

10.00 – 15.00 : Various Departure times for all Guest. Guest are free to enjoy the morning relaxing or utilizing the comforts of the Cassowary.