

# EXPLORE SIDWAYS

## ONE DAY WELLNESS RETREAT



The demands of everyday living can create unhealthy levels of stress for many people. The ocean is one of the most effective ways to reset, recharge, and reconnect with your inner self and the natural world. Time in the ocean calms the nervous system and stimulates the vagus nerve, which reduces stress hormones.

A day of yoga, meditation, breathwork, sound journey and freediving with a mindset coach is exactly what's in order. This immersive, sensory experience naturally grounds us, bringing us into a mindful, calm state whilst the negative ions in the water help to improve mood and increase oxygen flow to the brain.

Together, these effects make the ocean a powerful way to recharge and support our natural health.

On this one-day immersion, we provide you with specific skills, knowledge and confidence to explore your internal landscapes as well as the beauty of the ocean. (No previous experience needed).

You will learn skills and tools that benefit your mental, emotional and physical wellbeing both in and out of the water.

Capped at 10 persons. Please reach out with any questions.

# When

May 3rd 2025  
07h00 - 17h00

# How much?

## Buyers

Complimentary

## Press

N/A

## Exhibitors

N/A

## What's included?

- Yoga
- Meditation
- Breath workshop
- Sound Bath Journey
- Foraging experience
- Boat
- Freediving equipment
- Lunch
- Beverages / Wine pairing with lunch (optional)
- Transport

## What's excluded?

- Gratuity



## *Contact*

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