

YOGA & WELLBEING

Half day packages from \$700 NZD per couple

Gift yourself a complete day of unashamed indulgence

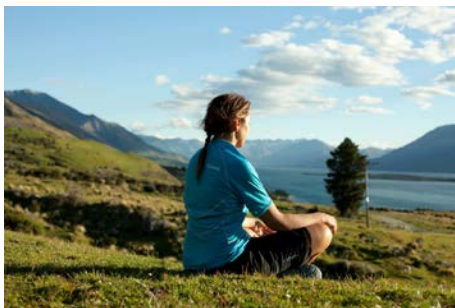
Imagine a whole day just for you to replenish and nourish your mind, body and soul.

Touch of Spice has the best health and wellness experts in New Zealand on speed dial. Packages are bespoke and sessions can be tailored to achieve what your body needs. Options will be customised according to your interests and skill level, whether its holistic nutritional education, cooking lessons, essential oils for wellness, yoga of any type and level, pilates or meditation.

Give the gift of mental wellbeing to others as you give back to yourself. For each package sold Touch of Spice will donate \$50 to The Mental Health Foundation of New Zealand.

Sample Full-Day Program:

- 9:00 am – Dynamic Yoga (all levels)
- 10:30 am Morning Mindfulness // Meditation
- 11:00 am - Raw treat & tea
- 11:30 am – Wellbeing Discussion
- 12:30 pm – Healthy whole food lunch
- 2:00 pm Yoga fusion
- 3:00 pm Hot spa detox
- 4:00 pm Deep tissue relaxation massage
- 5:00 pm Yin Yoga/Yoga Nidra
- 6:00 pm Healthy nibble & tea // Wine



TOUCH OF SPICE

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