



Outback Wellness

LONGREACH, OUTBACK QUEENSLAND

3 - 5 November 2017

PROGRAM

Friday 3 November	Enjoy a peaceful and social cruise on the Thompson River followed by dinner and a show. (included in full package – optional extra other packages)
Saturday 4 November	<ul style="list-style-type: none"> Group morning walk on the glorious Longreach walking track Yoga – Finding Balance Relaxation Mindfulness Activating your life session Cooking session & recipe swap Creativity Relax by the pool Massage, aromatherapy and detox pedicures (optional) Group meal (included in full package – optional extra other packages)
Sunday 5 November	<ul style="list-style-type: none"> Group morning walk on the glorious Longreach walking track Yoga – Letting Go – long, slow, deep Relaxation Mindfulness Activating your life session Cooking session & recipe swap Creativity Relax by the pool Massage, aromatherapy and detox pedicures (optional)

Jumbuck Motel Longreach

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