



WOMAN EXPLORE

Retreat Itinerary

FREYCINET LODGE YOGA RETREAT, TASMANIA

Please note the provided itinerary serves as a general outline and may be adjusted or modified as necessary to ensure the best possible experience for all participants.

Day 1: Welcome to Freycinet

Welcome to your off-grid escape. We recommend arriving in Hobart on Wednesday evening and staying overnight in one of the city's many centrally located hotels.

On Thursday morning, you'll meet at the [Old Woolstore Apartment Hotel](#) at 10:30am for an 11:00am departure. We'll then stop at Hobart Airport at 11:30am to collect additional guests before beginning the journey to the spectacular Freycinet Peninsula.

You'll enjoy a scenic boat cruise along Freycinet's coastline and a private beach picnic—your first immersive experience of Tasmania's natural beauty.

Later, we arrive at the architecturally designed and eco-friendly, Friendly Beaches Lodge, your secluded home for the next three nights. Settle into your private room, explore the surrounding bushland or beach and begin to unwind.

We'll gather for a welcome dinner, followed by a gentle guided session to help you land fully in the present and set your intentions for the retreat ahead.

Accommodation: Friendly Beaches Lodge

Meals Included

- Picnic lunch
- Welcome dinner and drinks

Included Activities

- Transport to Freycinet
- Scenic Boat Cruise
- Guided Session

Day 2: Move, breathe and explore

Begin your morning with a guided yoga session at the on-site yoga lodge, followed by a nourishing breakfast prepared by your private chef.

Afterwards, we'll set off for a guided coastal walk through Freycinet National Park. You'll follow the lookout trail to the world-famous Wineglass Bay before continuing on to Hazards Beach, where a gourmet picnic lunch awaits beside the turquoise waters of Oyster Bay. Swim, walk barefoot in the sand, or simply rest in stillness before completing the loop and returning to the carpark.

Back at the lodge, enjoy free time to relax before dinner.

As the day winds down, we'll gather for an evening yoga session.

Accommodation: Friendly Beaches Lodge

Meals Included

- Breakfast
- Picnic lunch
- Dinner and drinks

Included Activities

- Morning yoga
- Guided nature walk
- Evening yoga session

Day 3: Reflective perspective

Start the day with a rejuvenating morning yoga practice, followed by a beach meditation and a refreshing swim.

After breakfast, we'll journey to Mt Mary, Saltwater Lagoon and Isaacs Point—quiet, stunning places to walk, swim or simply unwind. Enjoy a chef-prepared picnic lunch in nature's embrace.

Upon returning to the lodge, take the afternoon to journal, nap or watch the wildlife that frequents the property.

Dinner this evening features Tasmanian wine, local delicacies and space to connect and farewell fellow guests. We'll close the day with a guided reflection session to help integrate your experience so far.

Accommodation: Friendly Beaches Lodge

Meals Included

- Breakfast
- Lunch
- Farewell dinner and drinks

Included Activities

- Morning yoga
- Beach meditation
- Guided coastal experience
- Guided evening reflection

Day 4: Farewell for now

On your final morning, we'll gather for a gentle yoga session followed by a meditative beach walk and swim.

Enjoy a leisurely brunch and one final circle to share reflections and reconnect with your intentions before we begin the journey home.

Airport drop-offs are available along the return route to Hobart.

Meals Included

- Brunch

Included Activities

- Morning yoga, beach walk and swim
- Guided closing circle
- Transfers to Hobart