

# NOOSA CORPORATE WELLNESS RETREAT

Investing in your team's wellness is one of the most important steps you can take towards big-picture thinking and super-charged productivity.

Noosa delivers wellness on a curated platter, fusing its healthy, vibrant community with world-class wellness experiences and healthy local produce.

Whether you want to fuel the next big idea from your team or reward top performers with some well-deserved time out, feed the soul with this corporate wellness retreat.



3-day itinerary



Noosaville - Noosa Junction -  
Doonan - Noosa North Shore -  
Noosa Heads



Sunshine Coast Airport is 30 minutes' drive and Brisbane Airport, a 2-hour drive to Noosa

# DAY 1 – EASE INTO RIVER LIFE



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## Morning

### TAILOR-MADE WELLNESS

Blessed with protected natural surroundings and an appetite for healthy living, Noosa is well regarded as a wellness capital and is perfectly equipped to deliver a holistic nourishing experience to your team. Start your day Noosa style with a corporate wellness immersion, led by qualified practitioners at Zenko Yoga. Create a productive and balanced workplace through a tailor-made wellness package, with a gentle flow yoga class, mindfulness session, cooking class or perhaps a stand-up paddle yoga experience. Finish off with a round of green smoothies and healthy breakfast treats, catered by the likes of Vanilla Food or Jungle & Co (Australia's first gut health bar).



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## Afternoon

### RIVER FUN + PICNIC

Breathe in nature and fresh air that surrounds Noosa, a designated UNESCO Biosphere Reserve. Explore the Noosa River under your own steam, which extends all the way into the pristine Noosa Everglades. EcoNoosa will guide your delegates by stand-up paddleboard, kayak, Nauticycle water bike, or test their skills on a Fliteschool hydrofoil. The reward is a pop-up picnic on a private sandy bank, designed specifically for your business event group (option to have up to 44 people on the water at one time).



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## Evening

### CHAMPAGNE SUNSET CRUISE + RICKY'S

Life is all about balance, so after a nourishing day of nature-fuelled movement and healthy eats, treat your team to a Champagne masterclass sunset cruise along the Noosa River (10-13 people). Palates will be prepped by the time you're dropped off at one of Noosa's hatted waterfront restaurants – like Rickys River Bar & Restaurant (max capacity 150 pax sit-down or 250 stand-up) – for dinner. Local produce sings here with a la carte and set menus including the likes of baked Noosa scallops with vadouvan butter and cauliflower, and woodfired Mooloolaba prawns with burnt lime butter, coriander and chili. Most of the ingredients are sourced from the restaurant's Maravista Farm, grown using compost made from waste sourced from the restaurant, coffee grinds, farm green waste and local brewery grain.

# DAY 2 – INDULGE, CREATE AND NOURISH



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## Morning

### BALINESE SPA

Shower your team in pampering appreciation in one of Noosa's award-winning day spas. There are many to choose from but for perhaps the most unique, visit Ikatan Day Spa aka 'Bali' located in Doonan (15 mins from Hastings Street) for a customised spa retreat. Marrying massage and body treatments with high tea towers and T2 teas, beer and wine, your group will not only unwind under the expert hands of therapists but in the lush tropical gardens before and after treatments. Up to 8 people can enjoy treatments at one time across single and double treatment rooms.



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## Afternoon

### SIP N PAINT

Unleash your business event group's creativity with an art class with Frida Sip n Paint (up to 45 pax). Gather within the luxe Noosa Junction studio with chandeliers hanging above, and glassware and lavish timber benches for your pre-organised drinks and catering. Hosts are on hand to ensure your every need is catered to during the 2.5-hour professionally-led painting session. Tailor the artwork to represent your company branding to create a competitive flair.



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## Evening

### SPICE FARM + FEAST

Travel to a local spice farm where you'll learn about medicinal uses for spices and herbs with a herbal medicalist before sitting down to a vegetarian feast created by local celebrity chef, Peter Kuruvita. Keeping the wellness theme running, organic wine and kombucha will complement the menu. This special luncheon can be arranged for private groups upon request by Evoke.

# DAY 3 – EXPLORE AND ENERGISE



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## Morning

### NOOSA NORTH SHORE ADVENTURE

Head over to the Noosa North Shore and ride the sandy seam between the Pacific Ocean and Cooloolo Great Sandy National Park with Equathon horse riding. Choose from a one-hour beach ride or two-hour beach and bush adventure, both serving up exhilaration and fresh salty breezes in equal measure on a slice of deserted coastline. With up to six riders in each group, you could intersperse with some simple beach time or arrange a breakfast picnic or morning meditation.

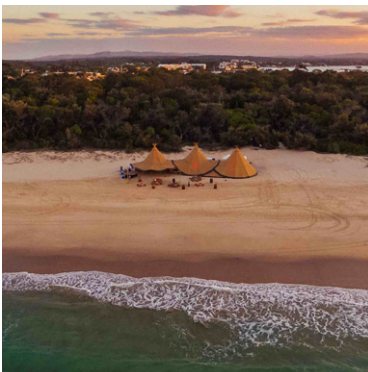


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## Afternoon

### HINTERLAND HIKE OR COASTAL TRAIL RUN

Tap into a local corporate wellness specialist like Evoke who can tailor-make a white label retreat or just one afternoon of your itinerary. Head into the Noosa Hinterland for a guided hike taking in the Noosa Trail Network or if you've got more pacemakers in your group, arrange a running tour through Noosa National Park's stunning coastal and bush trails.



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## Evening

### BESPOKE FINALE EVENT

Celebrate the culmination of three days of soul nourishment with a themed tipi on the beach where your delegates will enjoy a shared feast while listening to a keynote speaker. Beyond Experiences, Splash Events and LB Event Collective can cater to your every whim to deliver a bucket list event extravaganza. Or take to the water for a sustainable local dinner cruise aboard the M.V. Catalina – a gorgeous 20m, two-level catamaran (fully licensed and surveyed to carry 160 passengers). Guests can enjoy the theatre of your own bespoke menu around the purpose-built open galley.