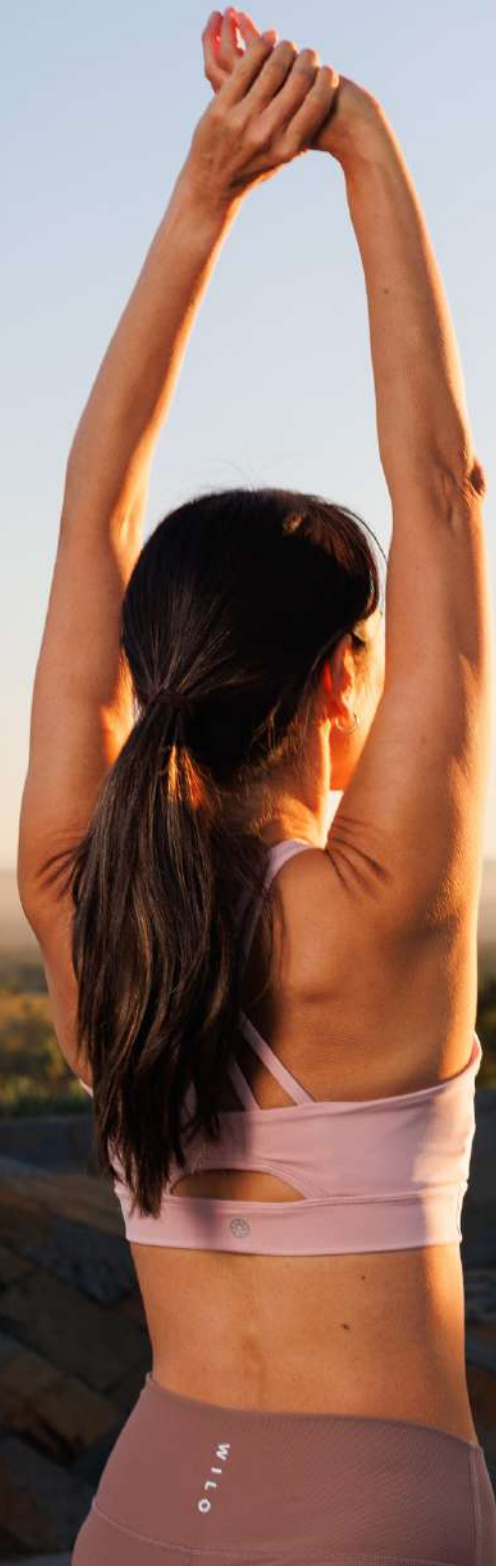


ELYSIA WELLNESS ADD-ONS

Elevate your conference with Elysia's premium wellness enhancers — designed to energise delegates, strengthen team connection and inspire peak performance. Positioned in the heart of the Hunter Valley, Elysia Wellness Retreat offers world-class practitioners, extensive wellness facilities and a holistic wellbeing environment that transforms corporate events into revitalising, memorable experiences





Why Choose Elysia Wellness Experiences?

- Access to our multidisciplinary practitioner team including movement specialists, yoga and meditation teachers, breathwork experts, functional strength trainers, naturopaths and holistic wellness practitioners.
- Located within a serene and immersive health retreat environment featuring yoga studios, meditation spaces, tennis courts, hiking trails, magnesium spa pools, steam rooms, a heated indoor lap pool, outdoor pool, Watsu pool, gym and more.
- Designed to boost clarity, focus, communication and overall delegate engagement – ideal for strategic meetings, team building or conference resets.
- Access to Elysia's world-class day spa facilities, where team members can enjoy rejuvenating therapies during break times or after daily meetings. Treatments include therapeutic massages, holistic body therapies, and specialised modalities delivered using premium, high-quality products to promote restoration, energy, and deep relaxation.

WELLNESS SESSION ADD-ONS

Take your event to the next level with private group wellness sessions led by world-class practitioners. Choose from a wide range of modalities including holistic practices, yoga, breathwork, functional strength training, meditation, recovery techniques and more.

General Benefits of Corporate Wellness Practices

Wellness practices help delegates stay mentally alert, physically comfortable and emotionally balanced throughout full conference days. Examples include breathwork, stretching designed for office workers, mobility sessions, functional strength, meditation and mindful movement.

Key Benefits Include

- Reduced stress & emotional balance through breathwork that calms the nervous system.
- Sharper focus & clearer thinking supported by stretching and mindful movement.
- Physical relief from common office tension in the neck, shoulders and hips.
- Boosted energy & productivity thanks to targeted movement and breath resets.
- Stronger team connection fostered through shared wellness experiences.



Private Wellness Session (Minimum 20 pax)

\$450 per 45-minute session

A personalised session crafted to meet your team's needs. Perfect for energising morning kick-offs, grounding afternoon resets, or inspiring reflections at the close of day.

Large Group Wellness Experience (30+ pax)

\$900 for 45 minutes delivered as two private classes
Ideal for large corporate groups wanting a dynamic, engaging, and inclusive wellness experience that nurtures both performance and wellbeing.





Optional Access to Wellness & Recovery Facilities

Access to these amenities can be added to conference packages as VIP upgrades.

- Up to 10 pax – \$250 per day
- Up to 20 pax – \$450 per day

Available facilities include:

- Ice bath & cold immersion therapy
- Magnesium spa pools
- 25m indoor heated lap pool
- Outdoor pool
- Fully equipped gym
- Indoor cycling studio
- Tennis courts, basketball/pickleball courts
- Meditation Hill with 360-degree views
- Three onsite walking trails

The Elysia Advantage for Cypress Lakes Corporate Groups

- Seamlessly integrated wellness designed to complement conferences and strategic planning sessions.
- A rejuvenating break-out session proven to support mental clarity, reduce stress, and improve overall group performance.
- Enhanced access to spa and wellbeing facilities adds significant value, encouraging rest, recovery, and increased team engagement.

Transform your convention with restorative, results-driven wellness breaks that leave your delegates feeling refreshed, grounded, and inspired.

CONTACT US

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