



YOGA & WELLNESS



INTERCONTINENTAL.
HAYMAN
GREAT BARRIER REEF

YOGA & WELLNESS



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FIND YOUR RHYTHM, RECONNECT, AND RESTORE

Welcome to Hayman Island's Yoga and Wellness sanctuary where movement meets mindfulness and every breath invites balance.

Surrounded by the serenity of the Whitsundays, our classes are designed to nurture both body and mind. Flow through energising sunrise sessions, unwind with restorative evening yin, or sink into the stillness of guided meditation.

Each experience blends mindful movement with island energy, helping you reconnect, recharge and realign.

Our yoga program is led by an experienced instructor dedicated to creating space for growth, rest and reconnection, helping you move with intention and breathe with awareness. Whether you're new to yoga or deep in your practice, every class is an invitation to slow down, soften and return to yourself.

Please see the activities schedule for class timings.

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YOGA & FITNESS EXPERIENCES

Morning Flow

60min | \$35

Island Fusion Yoga

Awaken your body and centre your mind with our signature Island Fusion Yoga, where the warmth of dynamic flow meets the softness of yin. Begin with energising movement to build strength, flexibility and focus, before melting into slower, grounding postures that release tension and restore calm. A gentle yet powerful way to start your day, inviting both fire and stillness, effort and ease.

Stretch & Meditation

60min | \$30

Reset, restore and reconnect

Rejuvenate body and mind with a harmonious blend of deep stretching and guided meditation. Ease into restorative stretches to release tension and improve flexibility, then drift into a calming meditation designed to enhance mindfulness and inner peace. The perfect way to reset, restore and reconnect in our tranquil island setting.

Sunset Stillness

60min | \$35

Sunset Yin Yoga

Slow down as the sun dips over the horizon with this soothing Yin Yoga practice. Gentle, long-held postures help release tension, quiet the mind and invite stillness as dusk settles in. Held outdoors when weather permits, offering the ultimate way to embrace the island's golden sunsets.

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Nurture & Release

60min | \$35

Yin Yoga

Take time to truly unwind with this restorative Yin Yoga session.

Through slow, meditative stretches, you'll ease into deep relaxation, improve flexibility and let go of stress. The perfect way to reset both body and mind.

We recommend pre-booking your sessions.

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PRIVATE SESSIONS

Any of the menu offerings can also be delivered as a private class, tailored to you.

Private Yoga 60 min | \$250 (up to 6 people)

Vinyasa or Yin Yoga

Enjoy a personalised yoga experience tailored to your needs. Choose between Vinyasa or Yin and allow our instructor to guide you in the comfort of your residence, a rainforest cabana or a tranquil lawn setting. A bespoke wellness journey, designed just for you.

Private Personal Training 60 min | \$150 per person

Strength & Conditioning

Train with purpose in a one-on-one session customised to your goals. Whether you're beginning your fitness journey or refining your form, our expert trainers will create a program using state-of-the-art equipment including machines, cables and free weights. Build strength, confidence and motivation in our exclusive guest gym.

We recommend pre-booking your sessions.

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