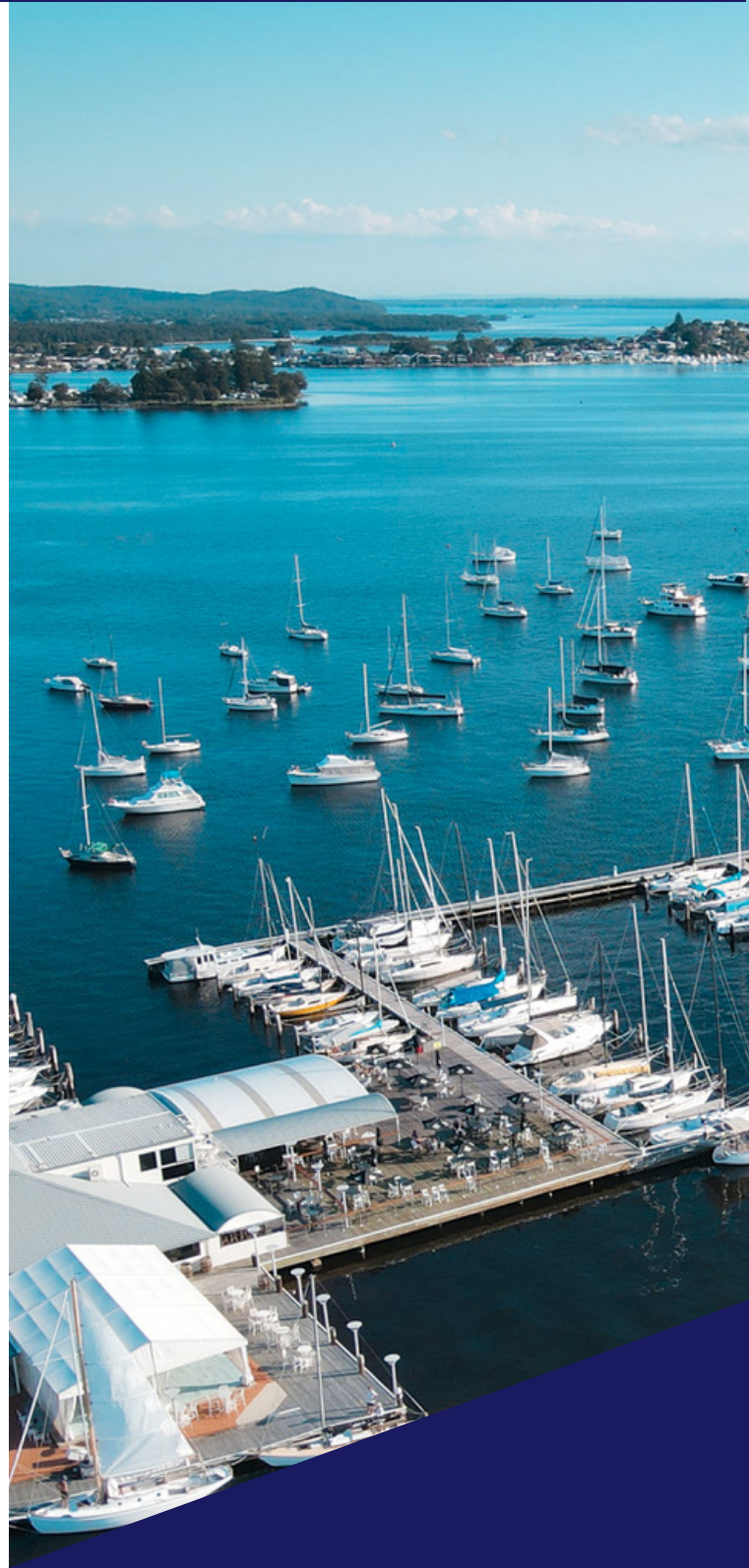


CORPORATE WELLNESS DAY



LAKE MACQUARIE YACHT CLUB
CRUSOE'S ON THE LAKE
REFLECTIONS WITHIN

CORPORATE WELLNESS DAY PACKAGES

BRONZE - \$35PP

Minimum 15pax

Includes

Fruit Platter

45 Minute Mental Wellbeing Class

1 Hour Yoga Class + Equipment

SILVER - \$40PP

Minimum 15pax | Maximum 20pax

Includes

Morning Tea Platter

Tea & Coffee Station

45 Minute Mental Wellbeing Class

1 Hour Yoga Class + Equipment

GOLD - \$45PP

Minimum 20pax | Maximum 30pax

Includes

Cheese Board

x1 Hot Platter of Choice

Tea & Coffee Station

1 Hour Mental Wellbeing Class

1 Hour Yoga Class + Meditation + Equipment

All Corporate Wellness Days are conducted on Wednesday's.

FUNCTION ROOMS

BRIDGEDECK

THE BRIDGEDECK IS AN INTIMATE SPACE FEATURING
PREMIUM VIEWS OVERLOOKING THE MARINA,
WITH ITS OWN PRIVATE BALCONY.
THE BRIDGEDECK IS SUITABLE FOR GROUPS OF 15PAX.




MARQUEE

THE MARQUEE IS A VERSATILE & OPEN SPACE FEATURING
UNOBSTRUCTED LAKE-FRONT VIEWS & AN ABUNDANCE OF
NATURAL LIGHT.
THE MARQUEE IS SUITABLE FOR GROUPS OF
20-30PAX.




MEET OUR INSTRUCTORS

NIKI ROY

A circular portrait of Niki Roy, a woman with long brown hair, smiling and resting her head on her hand.

Niki has a Master's Degree in Human Services (Psychology & Rehabilitation Counselling), a Bachelor of Health Science, Clinical member of ASORC, with over 25 years of experience in Yoga therapy, meditation, stress management, laughter yoga, psychoeducation, and sound therapy. Niki currently works as a Wellness Manager in remote roles throughout Australia.

ALICIA JEFFERSON

A circular portrait of Alicia Jefferson, a woman with blonde hair, smiling.

10 years ago Alicia left the Corporate world with the goal of helping people reconnect through the practice of yoga. Having trained both nationally and internationally, with teachers John Ogilvie, Maria Kirsten, Sarah Powers and Tiffany Cruikshank, Alicia now runs classes at LMYC three days a week, private corporate classes, Chair Yoga at Mercy Services Day Centres and other villages around the Lake Macquarie area. Alicia loves to work with different people of different walks of life whilst sharing her love and knowledge of yoga.

PLATTERS

FRUIT PLATTER

Mix of Seasonal Fruits.

MORNING TEA PLATTER

Mix of Seasonal Fruits, Scones & Danishes

CHEESE BOARD

Chef's Selection of Premium Cheeses, Cured Meats, Grilled Antipasto, House Dips, Breads & Crackers

VEGETARIAN PLATTER

(48pc per platter)

Vegetable Spring Rolls

House Arancini

Beetroot & Goats Cheese Tartlets

Vegetable Sushi Bites

GLUTEN FREE PLATTER

(48pc per platter)

Satay Chicken Skewers

BBQ Meatballs

Cajun Corn Fritters (V)

Salt & Pepper Squid

Additional Platters can be added to any LMYC Corporate Wellness Package as an optional extra.

Please enquire with our Functions Manager about pricing & recommendations.

PAYMENT INFORMATION

PLEASE SELECT YOUR PREFERRED PAYMENT
OPTION FOR DEPOSIT.

\$100 MINIMUM IS ACCEPTED

PAYMENT OPTIONS AT RECEPTION:

CASH

DEBIT CARD

CREDIT CARD

CHEQUE

WE DO NOT ACCEPT AMERICAN EXPRESS

REMOTE PAYMENT OPTIONS

DIRECT DEPOSIT

PLEASE USE INVOICE NUMBER & DATE OF FUNCTION AS REFERENCE.

PLEASE EMAIL RECEIPT OR REMITTANCE OF PAYMENT TO
FUNCTIONS@LMYC.COM.AU TO ASSIST TRACKING PAYMENTS.

BANK DETAILS

LAKE MACQUARIE YACHT CLUB

BSB - 062-801

ACCOUNT NUMBER: 1036 5413