

WELLNESS EXPERIENCES

Prioritise delegate wellbeing with experiences designed to inspire, energise and recharge. From fitness and mindfulness activities to creative workshops and relaxation experiences, the Barossa offers a range of opportunities to support both personal wellbeing and meaningful connection.



NOVOTEL BAROSSA

TEAM BUILDING

Golf at Tanunda Pines

Challenge your colleagues to a round of golf at the neighbouring Tanunda Pines Golf Club, featuring championship standard fairways and stunning Barossa scenery.

Paint & Sip Experiences

Combine creativity and connection with a guided Paint & Sip session overlooking the Barossa Valley. A fun and engaging activity suitable for teams of all sizes.

Mixed Media Craft Experiences

Enjoy a restorative team experience with Rachel from The Starlings Nest for a creative workshop of your choice, including mixed media sculptures, watercolour, pressed metal and more.

Pottery Classes at Goldie Pottery

Slow down and embrace your creative side with a hands-on pottery workshop at Goldie Pottery in Marananga. Guided by experienced artisans, delegates can create their own unique piece while enjoying a relaxed and inspiring environment in the heart of the Barossa.

Vasse Virgin

Create your own natural lip balm or signature fragrance while learning about the benefits of olive oil-based skincare products.

Barossa Valley Ballooning

Start the day with a sunrise hot air balloon flight and experience breathtaking panoramic views of the Barossa Valley.

A background image showing two people practicing yoga in a park. A woman on the left is in a seated yoga pose with her eyes closed, wearing a white zip-up jacket. A man on the right is also in a seated yoga pose, wearing a blue t-shirt. They are sitting on a blue yoga mat on a grassy field with trees in the background.

Yoga Sessions

Promote balance, mindfulness and wellbeing with a guided yoga session tailored to your group's needs. Suitable for all experience levels, yoga can be incorporated into conference programs as a morning energiser, wellness break or relaxation activity.

Personal Training Sessions

Boost energy levels and encourage healthy habits with personalised fitness sessions led by qualified trainers. Whether it's a sunrise workout, group fitness class or team challenge, these sessions can be tailored to suit your delegates and event objectives.

Sound Bath Experiences

Provide delegates with an opportunity to slow down, recharge and reconnect through a guided sound bath experience. Using soothing sounds and vibrations, these sessions promote relaxation, mindfulness and stress reduction, making them an ideal addition to leadership retreats and wellness-focused events.