



Members' Events Guide

January - April 2026

Sunday 18th January | 11-1pm
1-3pm

- *New Year Yoga*

Your first session blends Reformer-inspired and functional-strength Mat Pilates, designed to build stability, tone, and controlled power through mindful movement. The second session shifts into a blissful, deeply relaxing yoga practice, inviting you to unwind, release tension, and restore balance from the inside out.

Thursday 12th February | 12pm
- *Laurent Perrier Champagne Tasting*

Join us for an elegant tasting experience featuring Laurent-Perrier, where you'll savour a curated selection of exquisite wines and champagnes, celebrating flavour, finesse, and the art of fine sipping.

Monday 9th March | 12pm & 2:30pm

- *Mother's Day Flower Making*

Join us for a delightful afternoon of flower making with our florist Hannah Burnett, and create a beautiful Mother's Day design to celebrate and share with someone special.

Wednesday 8th & Thursday 9th April |
3:30pm

- *Easter Afternoon Tea*

Join us for a charming Spring Easter Afternoon Tea and indulge in a selection of teas and coffees paired with an array of delicious sweet treats, perfect for celebrating the season.

Maximum numbers apply. Booking is essential.

Please see T&C's on back page.



Members' Events Guide

May - August 2026

Therapist Skincare Workshop

Friday 15 May | 6.00pm

Location: Spatisserie

An in-depth skincare workshop led by experienced therapists. Ideal for those looking to deepen their understanding of skincare through expert guidance.

Global Wellness Day:

Mindfulness & Sound Bath

Saturday 13 June | 12.00–1.00pm & 1.00–2.00pm

Location: Wellness Room

Join us to celebrate Global Wellness Day with a serene mindfulness session followed by a deeply restorative sound bath. Designed to calm the mind, rebalance the body, and create space for pause and reflection within the day.

Twilight Boat Cruise

Friday 24 July | 7.30–10.00pm

Location: Plymouth Barbican Harbour

Step aboard for a magical twilight cruise departing from Plymouth Barbican. Enjoy panoramic harbour views, gentle evening breezes, and a relaxed social atmosphere as the sun sets over the water.

Fireworks Evening at Pier One

Wednesday 12th August | 7.00–10.00pm

Location: Pier One

An unforgettable summer evening featuring a spectacular fireworks display, paired with delicious food and drink in a vibrant waterfront setting. A perfect opportunity to relax, celebrate, and enjoy the season.

Maximum numbers apply. Booking is essential.

T&C's apply.

Don't forget, *also included in your membership*

- Full fitness & total health consultation and induction
- 2 free day passes on joining and a 50% discount on further day passes purchased
- 10% off treatments
- 10% off spa retail products
- 10% off spa food
- 10% off accommodation rates
- 10% off food and drink in the hotel
- Monthly members spa event
- Seasonal discounts and special prices

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Terms & Conditions

Events must be pre-booked. All listed events are open to Gaia Spa members only. Limited spaces available. You must be a member at the spa at the time of the event. All listed events are complimentary to members, unless stated otherwise. However if you cancel with less than 24 hours' notice or in the case of a no show you will be charged for the event. Any member who books and cannot attend who does not cancel in advance or turn up without notification will be removed off future events they are booked onto or prevented from booking the next 3 events. Deposits may be required at select events.