



## EXPLORE HEALTH & WELLNESS CRUISE

# Where Wilderness Meets Wellness

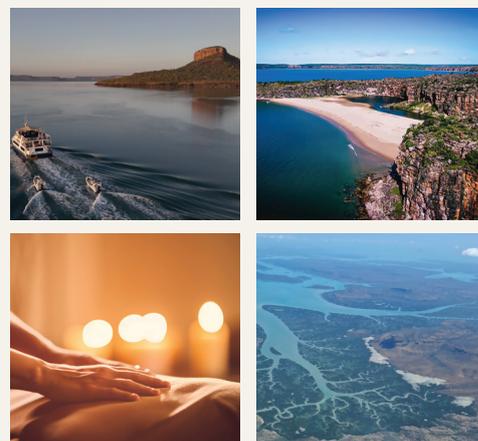
*Broome to Broome*

15-26 AUGUST  
2026

HEALTH & WELLNESS EXPEDITION 2026

## A 12-day journey guided by Australia's most respected wellness authorities

Step aboard our Explore Health & Wellness Cruise, elevated by two of Australia's most respected movement and wellbeing practitioners, Olga Tamara and Samantha Welch. Together, they'll guide you through a journey that balances restoration with adventure, strength with serenity, and breathtaking landscapes with deep inner work.



**MOVEMENT**  
Classical Pilates  
Daily Sessions



**WELLNESS**  
Holistic Health  
Expert Workshops



**EXPLORATION**  
Remote Wilderness  
Excursions

**Book Now**

1800 996 717  
[discoveryone.com.au](http://discoveryone.com.au)



**DISCOVERY ONE**  
KIMBERLEY CRUISES



*Meet your  
Kimberley  
Wellness  
Guides*

*Reconnect with your body.  
Restore your energy.  
Discover the Kimberley.*



**OLGA TAMARA**

With over **40 years' experience**, Olga Tamara is one of Australia's most respected Classical Pilates educators. A former Australian Ballet dancer and 2nd-generation teacher of the Authentic Pilates Method, her sessions build strength, mobility and longevity at every stage of life.



**SAMANTHA WELCH**

Samantha Welch brings a deeply restorative approach to wellbeing, with over **30 years' experience** in movement, bodywork and holistic therapies.

#### WHAT MAKES THIS DEPARTURE EVEN MORE SPECIAL:

- Expert-led movement and wellness sessions from two internationally recognised leaders
- Classical Pilates sessions with Olga Tamara, second generation teacher of the Authentic Pilates Method
- Restorative bodywork and nervous system support with Samantha Welch
- Movement designed for real bodies and real life - accessible, intelligent, and transformative
- Small group experience aboard our intimate 11-cabin vessel

#### YOUR DAYS WILL INCLUDE:

- Daily guided movement and mobility sessions on our open-top deck, taking in breathtaking 360 views
- Thoughtfully curated Health & Wellness programming
- Time and space to restore, reset and reconnect
- Kimberley exploration that blends soft adventure with wellbeing
- A calm, supportive environment led by experienced practitioners
- Delicious and nutritious locally sourced produce, prepared daily by our on board chefs

*You'll cruise all day, move mindfully, sleep well,  
and leave feeling refreshed and restored.*

**Book Now**

1800 996 717

[discoveryone.com.au](http://discoveryone.com.au)



**DISCOVERY ONE**  
KIMBERLEY CRUISES