



Retreat Program

FRIDAY

- 5.30 Meet in The Lodge for a very warm welcome. Come on in and make yourself at home!
- 6.00 Overview and introduction to the weekend's program.
- 6.45 Dinner
- 7.30 Group Activity
Gentle breathing and relaxation techniques to lull you into the land of nod
- 9.30 Early night, sleep tight and sweet dreams, ready for.....

SATURDAY

- 6.30 Sunrise yoga
- 7.30 Breakfast
- 9.00 Workshop 1
- 10.30 Morning tea
- 11.00 Mindfulness
- 12.30 Lunch
- 1.30 Yoga Nidra
- 2.00 Afternoon Tea
- 3.00 Workshop 2
- 4.30 Free time
- 5.30 Happy Hour
- 6.30 Dinner
- 7.30 Workshop 3
- 9.00 Supper, relaxation, meditation
- 9.30 Goodnight.

SUNDAY

- 6.30 Sunrise yoga
- 7.30 Breakfast
- 9.00 Workshop 4
- 10.30 Morning tea
- 11.00 Group Activity
- 12.00 Pack up rooms and meet back in The Lodge
- 12.30 Lunch
- 1.00 Bringing it all together, wrapping it up and saying goodbye....til next time!
- 2.00 Yoga Nidra (optional)

FREE TIME – 8am-9am, 2pm-3pm, 4.30pm-5.30pm



• - EVERY LEVEL - •
WELLNESS

