
Retreat Program

TUESDAY

- 2.00 Meet in The Lodge for a very warm welcome
- 3.00 Workshop 1
- 4.30 Free time
- 5.30 Happy Hour
- 6.30 Dinner
- 7.30 Workshop 2
- 9.00 Goodnight.

WEDNESDAY

- 7.00 Sunrise Special (yoga and meditation)
- 8.00 Breakfast
- 9.00 Group activity
- 10.30 Morning tea
- 11.00 Workshop 3
- 12.30 Lunch
- 1.30 Yoga Nidra
- 2.00 Afternoon Tea
- 3.00 Workshop 4
- 4.30 Free time
- 5.30 Happy Hour
- 6.30 Dinner
- 7.30 Workshop 5
- 9.00 Goodnight.

THURSDAY

- 7.00 Sunrise Special (yoga and meditation)
- 8.00 Breakfast
- 9.00 Group activities
- 10.30 Morning tea
- 11.00 Workshop 6
- 12.30 Lunch
- 1.30 Bringing it all together
- 2.00 Time to say goodbye...til next time!

FREE TIME – 8.30 - 9am, 2 - 3pm, 4.30 - 6.30pm



• - EVERY LEVEL - •
WELLNESS



Group activities

Cooking demo

rock painting

reflexology