



Retreat Program

FRIDAY

- 5.30 Meet in The Lodge for a very warm welcome. Come on in and make yourself at home!
- 6.00 Introductions and overview of the weekend's program.
- 6.45 Dinner
- 7.15 Setting up your space
- 7.45 Dessert
- 8.15 Evening chat and relaxation
- 9.30 Early night, sleep tight and sweet dreams, ready for.....

SATURDAY

- 6.30 Power hour - meditation, gentle stretches, relaxation
- 7.30 Breakfast
- 8.00 Free time
- 9.00 Workshop 1
- 10.00 Group activity and morning tea
- 11.30 Workshop 2
- 12.30 Lunch
- 1.00 Yoga Nidra
- 2.00 Afternoon Tea
- 2.30 Workshop 3
- 4.00 Free time
- 5.30 Happy Hour
- 6.30 Dinner
- 7.30 Group activity
- 9.30 Goodnight.



• - EVERY LEVEL - •
WELLNESS

SUNDAY

- 6.30 Power hour - meditation, gentle stretches, relaxation
- 7.30 Breakfast
- 8.00 Free time
- 9.00 Workshop 4
- 10.30 Morning tea
- 11.00 Group activity
Q and A
- 12.00 Cooking demo
- 12.45 Lunch
- 1.30 Bringing it all together
- 2.30 Time to say goodbye...til next time!

FREE TIME – 8 - 9am, 4.00 - 5.30 (6.30)pm

