



## FRIDAY

4:00pm Arrival  
5:30pm Open circle  
6 - 7:30pm Yoga  
7:45pm Dinner  
Movie / early night

7:35pm Massage:  
8:30pm Wellness Coaching:  
8:45pm Massage:

## SATURDAY

8:30am Superfood shake  
9 - 11:00am Yoga & Meditation  
11:15am Food prep & Lunch  
1:15pm Silent walk  
2:00pm Break  
3:00pm Healthy Lifestyle talk  
4:30pm Tea, snack & sharing  
5:00pm Break  
5:30 - 7pm Restorative Yoga, Meditation  
7:30pm Smoothie, Golden Milk/ Movie

10:30am Massage:  
11:35am Massage:  
12:50pm Massage:  
2:00pm Massage:  
2:00pm Wellness Coaching:  
4:30pm Massage:  
6:30pm Massage:  
7:30pm Massage:  
7:30pm Wellness Coaching:  
8:30pm Massage:

## SUNDAY

8:30am Superfood shake  
9 - 11:00am Yoga & Meditation  
11:15am Food prep & Lunch  
1:00pm Walk  
1:30pm Tea & cake, Closing circle  
3:00pm Home xx

10:30am Massage:  
11:35am Massage:  
12:50am Massage:  
1:00pm Wellness Coaching:  
3:00pm Wellness Coaching: