



5 DAY - RETREAT ITINERARY

ACTIVITY	TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Morning Meditations	6:30	Arrive to retreat by 10:30	Breath & Release	Loving Kindness	Visualising & Thought Power	Train Meditation
Morning Yoga	7:00		Gentle Flow	Gentle Flow	Gentle Flow	Gentle Flow
Breakfast	8:15					
Morning Circle & Workshop	9:00 - 11:00		Ikigai & Values	Gratitude & Meditative Journaling	Intention & Manifesting	Closing Circle
Mid Morning	11:00	Opening Circle & 'Wholistic Wellbeing' workshop	Morning Tea	Morning Tea	Morning Tea	
Free Time & Lunch	11:30 - 4:00	Lunch 12:30	Lunch 12:30 (& Treatments)	Lunch 12:30 (& Treatments)	Lunch 12:30 (& Treatments)	
Afternoon Session	4:15 - 5:45	Yin Yoga & Yoga Nidra	Restorative Yoga into Yoga Nidra	Healing Breath / Yoga Nidra	Vision Boarding Workshop	
Free Time	to 6:45					
Dinner	6:45					
Evening Program	8:00	Sound Healing & Full Moon Circle	Group Reading	Creative Play	Burning Ceremony	

Includes One Treatment:

- Relaxation Massage; or
- Facial

During your free time, you may want to:

- Go for a bush walk or walk to the beach
- Go for a swim at the beach
- Stand Up Paddleboard
- Soak in the hot tub
- Journal
- Enjoy a nap!
- Mindful colouring
- Puzzles