

WELLNESS RETREAT ITINERARY

Day 1

2pm - Arrival, registration & check-in
3pm - Vinyasa yoga session
5pm - Fresh juice break
6pm - Journalling class
7pm - Group dinner

Day 2

8am - Meditation & yoga session
10am - Fresh juice break
11am - Tai Chi
1pm - Coastal hike
6pm - Group dinner

Day 3

6am - Sunrise yoga
8am - Group breakfast
10am - Gong meditation
11am - Raw cookery class followed by lunch
2pm - Free time to enjoy retreat amenities
5pm - Group dinner

Day 4

8am - Meditation & yoga session
10am - Fresh juice break
11am - Tai Chi
1pm - Forest bathing hike
6pm - Group dinner

Day 5

9am - Restorative yoga
11am - Check-out & departure

Wellness Retreat Recipes Guide

Christian G. Meyer



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