

Wellness Retreat Schedule Overview

Dear Participants,

We are excited to welcome you to our upcoming Wellness Retreat! Below is a brief overview of the schedule:

Day 1: Arrival & Introduction

- 3:00 PM - 5:00 PM: Check-In
- 5:30 PM - 6:30 PM: Welcome Dinner
- 7:00 PM - 8:00 PM: Opening Circle & Intentions

Day 2: Mindfulness & Movement

- 7:00 AM - 8:00 AM: Sunrise Yoga
- 8:30 AM - 9:30 AM: Healthy Breakfast
- 10:00 AM - 12:00 PM: Mindfulness Meditation Workshop
- 12:30 PM - 1:30 PM: Lunch
- 2:00 PM - 4:00 PM: Nature Hike
- 5:00 PM - 6:00 PM: Evening Journaling Session
- 6:30 PM - 8:00 PM: Group Dinner & Sharing

Day 3: Reflection & Integration

- 7:00 AM - 8:00 AM: Morning Stretch
- 8:30 AM - 9:30 AM: Breakfast
- 10:00 AM - 12:00 PM: Vision Board Workshop
- 12:30 PM - 1:30 PM: Lunch
- 2:00 PM - 3:30 PM: Closing Circle & Reflections
- 3:30 PM: Departure

We look forward to a transformative experience together!

Warm regards,
Your Wellness Retreat Team