

Welcome to the Holistic Wellness Retreat!

Dear Attendee,

We are excited to have you join us for the Holistic Wellness Retreat. Below are the schedule details for the retreat:

Retreat Schedule

Date	Time	Activity	Location
March 1, 2024	10:00 AM - 11:00 AM	Welcome Session	Main Hall
March 1, 2024	11:30 AM - 1:00 PM	Yoga Session	Yoga Studio
March 1, 2024	1:00 PM - 2:00 PM	Lunch Break	Dining Area
March 1, 2024	2:30 PM - 4:00 PM	Meditation Workshop	Wellness Room
March 1, 2024	4:30 PM - 6:00 PM	Nutritional Seminar	Main Hall

We encourage you to arrive 15 minutes early for each session. Remember to bring your yoga mat and a water bottle!

If you have any questions, feel free to reach out to us.

Looking forward to a rejuvenating experience together!

Best Regards,
The Holistic Wellness Retreat Team