

Welcome to Our Retreat!

Dear Guests,

We are excited to have you join us for a rejuvenating experience. Below is your daily itinerary for your stay:

Day 1: Arrival

- 3:00 PM - Check-in and Welcome Reception
- 5:00 PM - Guided Nature Walk
- 7:00 PM - Dinner
- 8:30 PM - Evening Bonfire & Story Sharing

Day 2: Exploration and Workshops

- 7:30 AM - Sunrise Yoga
- 9:00 AM - Breakfast
- 10:30 AM - Workshop: Mindfulness Meditation
- 12:00 PM - Lunch
- 1:30 PM - Afternoon Hike
- 6:00 PM - Dinner
- 8:00 PM - Group Reflection Session

Day 3: Connection and Departure

- 8:00 AM - Morning Meditation
- 9:00 AM - Breakfast
- 10:00 AM - Farewell Circle
- 12:00 PM - Check-out

We hope you enjoy your time with us!

Best Regards,
Your Retreat Organizers