

Wellness Retreat Schedule Overview

Dear Participants,

We are thrilled to welcome you to our upcoming Wellness Retreat. Below is the overview of the schedule to help you plan your time with us.

Retreat Schedule

Date	Activity	Time
Day 1	Arrival & Registration	2:00 PM - 4:00 PM
Day 1	Welcome Ceremony	5:00 PM - 6:00 PM
Day 1	Dinner	6:30 PM - 7:30 PM
Day 2	Morning Yoga	7:00 AM - 8:00 AM
Day 2	Breakfast	8:30 AM - 9:30 AM
Day 2	Mindfulness Workshop	10:00 AM - 12:00 PM
Day 2	Lunch	12:30 PM - 1:30 PM
Day 2	Guided Meditation	2:00 PM - 3:00 PM
Day 2	Dinner	6:00 PM - 7:00 PM
Day 3	Closing Circle	9:00 AM - 10:00 AM
Day 3	Departure	11:00 AM - 12:00 PM

Thank you for joining us. We look forward to a rejuvenating experience together!

Best regards,
The Wellness Retreat Team