

Weekend Digital Detox Itinerary

Dear [Name],

We are excited to share your weekend digital detox itinerary! This is a perfect opportunity to disconnect and rejuvenate.

Day 1: Friday

- **5:00 PM:** Arrive at the retreat.
- **6:00 PM:** Welcome dinner (plant-based cuisine).
- **8:00 PM:** Evening meditation session.

Day 2: Saturday

- **7:00 AM:** Sunrise yoga session.
- **9:00 AM:** Breakfast (fresh fruits and smoothies).
- **10:30 AM:** Nature walk (guided).
- **1:00 PM:** Lunch (whole foods).
- **3:00 PM:** Journaling and reflection time.
- **5:00 PM:** Creative workshop (art or cooking).
- **7:00 PM:** Dinner by the bonfire.

Day 3: Sunday

- **8:00 AM:** Mindful breakfast.
- **10:00 AM:** Group sharing circle.
- **12:00 PM:** Closing ceremony.
- **1:00 PM:** Departure.

Please remember to bring comfortable clothing, a journal, and a water bottle. We look forward to seeing you!

Best regards,

[Your Name]

[Your Contact Information]