

LET'S RETREAT

• MONDAY 21ST MARCH •

- 3:00PM Arrival
- 5:30PM Cacao opening circle & vin to yin yoga
- 7:30PM Dinner

• TUESDAY 22ND MARCH •

- 7:15AM Meditation on pontoon
- 7:30AM Morning yoga practice
- 9:00AM Breakfast
- 10:00AM Grps 1 + 2: Gut Health Is Everything
- 11:00AM Grps 1 + 2: Hormone Havoc
- 12:30PM Lunch + Afternoon tea from 3
- 4:00PM Workshops Grp 1: Hypnosis Healing
Group 2: Deep Feminine Healing
- 5:30PM Evening yin practice
- 7:00PM Dinner

• WEDNESDAY 23RD MARCH •

- 7:15AM Meditation on pontoon
- 7:30AM Morning yoga practice
- 9:00AM Breakfast
- 10:00AM Grps 1 + 2: How To Heal Your Gut

11:00AM Grps 1 + 2: Heal Your Cycle
12:30AM Lunch - Afternoon tea will be out from 3
4:00PM Grp 1: When Gut Goes Wrong
Group 2: Hypnosis Healing
5:30PM Evening yin practice
7:00PM Dinner

• THURSDAY 24TH MARCH •

7:15AM Meditation on pontoon
7:30AM Morning yoga practice
9:00AM Breakfast
10:30AM Grps 1 & 2 Cooking demonstration
11:30AM Grp 1 Checkout by 12
12:00PM Lunch
3:30PM Acupuncture session
5:30PM Evening Yin yoga
7:00PM Dinner

• FRIDAY 25TH MARCH •

7:15AM Morning meditation on pontoon
7:30AM Morning yoga practice
9:00AM Breakfast
10:00AM Gut Release & Relief
12:00PM Checkout