

WELLNESS RETREAT ITINERARY **EXAMPLE**

Day 1	<p>2pm - Arrival, registration & check-in 3pm - Vinyasa yoga session 5pm - Fresh juice break 6pm - Journalling class 7pm - Group dinner</p>
Day 2	<p>8am - Meditation & yoga session 10am - Fresh juice break 11am - Tai Chi 1pm - Coastal hike 6pm - Group dinner</p>
Day 3	<p>6am - Sunrise yoga 8am - Group breakfast 10am - Gong meditation 11am - Raw cookery class followed by lunch 2pm - Free time to enjoy retreat amenities 5pm - Group dinner</p>
Day 4	<p>8am - Meditation & yoga session 10am - Fresh juice break 11am - Tai Chi 1pm - Forest bathing hike 6pm - Group dinner</p>
Day 5	<p>9am - Restorative yoga 11am - Check-out & departure</p>

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