

# WELLNESS RETREAT (SAMPLE)

Day One	
7:30-8:15AM	Healing through Movement – 45 minutes Movement is essential to your overall wellbeing. It's not only beneficial for your physical body, it also helps you process your emotions more effectively. It is highly recommended that everyone engages in some type of physical activity every day, either on their own or as part of group activity. Explore a simple way to get moving using your own body weight. Brief overview and 30-minute activity session workout shoes, fitness attire, water.
8:15-10:15AM	30-minute Breakfast Buffet Journaling as a Stress Reduction Tools -1.5 hours Keeping a journal helps you create order when your world feels like it's in chaos. You get to know yourself by revealing your most private fears, thoughts, and feelings. Look at your writing time as personal relaxation time. It's a time when you can de-stress and wind down. Writing tool and paper/pad
10:15-10:30AM	15-minute Break
10:30-11:30AM	Self-Care Through Massage – 1 hour Finding time for a massage may sometimes be difficult. That's why it's helpful to use self-care massage tools for preventing or treating pain or imbalances in the body. While these tools don't provide "massage" as such (and can't replace a professional therapist), the best ones offer some of the same benefits. Lecture and 30-minute activity session, tennis balls
11:30AM-12:30PM	Introduction to Mindfulness Meditation – 1 hour Scientists are beginning to identify the physical changes—on a molecular level—that result from mindful meditation practice and, in so doing, are enhancing our understanding of how a consistent meditation practice benefits health. Lecture and 30-minute guided meditation. Mats, bolsters, chairs, blankets
12:30-1:30PM	1-hour lunch
1:45-2:45PM	Walking Meditation – 1-hour Walking as meditation is a wonderful way to transform something that most of us do every day into a deeply healing, nourishing, and enjoyable tool. Brief overview and active practice 20-30 minutes. Marsh walking paths, comfortable shoes
2:45-3PM	15-minute Break
3-4PM	Music is the universal language of humankind – 1-hour The next time you face a daunting task, think of a strategic musical choice to give your brain and body a motivational boost. Lecture and research activity – headphones, personal listening device
4-4:30PM	30-minute Evening Transition
4:30-7:30PM	Reception, Dinner and Entertainment – 3 hours

Day Two	
7:30-8:15AM	Gentle yoga – 45 minutes A class that is mostly seated or with long holds (such as restorative or yin yoga). It offers nurturing, kindness, and compassion for the body.
8:15-10:15AM	30-minute Breakfast Buffet Community Wellness Planning – 2- hours A healthy community provides many ways in which its members can interact with each other to exchange information about needs and resources, become engaged in the planning and decision-making processes that affect them, and work together to achieve common goals. Lecture and workbook
10:15-10:30AM	15-minute Break
10:30-11:30AM	Retreat Reflections and Closing – 1-hour