


<div> <div>START</div> <div>10/10/23</div> <div>DAILY SCHEDULES</div> <div>  </div> </div>						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.00		RISE AND SHINE TEA TIME CHATS + TUNES	RISE AND SHINE TEA TIME CHATS + TUNES	RISE AND SHINE TEA TIME CHATS + TUNES	RISE AND SHINE TEA TIME CHATS + TUNES	RISE AND SHINE TEA TIME CHATS + TUNES
7.30		MORNING YOGA	MORNING YOGA	LAUGHING YOGA	MORNING YOGA	FLOW YOGA
8.30						WEIGH OUT
9.00		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10.00		MORNING WALK 1HR	MORNING WALK 1HR	MORNING WALK 1.15HR	MORNING WALK 1.30HR	MORNING HIKE 2HR APPROX
11.30		NUTRITION + GUT HEALTH	MINDSET + LIFESTYLE CHOICES	EFT/BODY SCANNING + MEDITATION	MORNING WALK	
13.00		LUNCH	LUNCH	LUNCH	LUNCH	END OF RETREAT LUNCH
13.30	CHECK IN		LUNCH	LUNCH	LUNCH	
14.00	WEIGH IN	LUNCH	OWN TIME	OWN TIME	OWN TIME	END OF RETREAT FEEDBACK
14.30	INTRODUCTIONS	GUT HEALTH DEMO	ART - OPTIONAL	FOREST BATHING	TAPPING ON THE MENOPAUSE	
15.00						DEPARTURE
15.30	AFTERNOON WALK	PILATES	BODY CONDITIONING	FOREST BATHING	LEGS BUMS TUMS	
17.00			YOGA NIDRA	OWN TIME	OWN TIME	
18.00	WELCOME DINNER	DINNER	DINNER	DINNER	DINNER	
19.30	INTRO TO YOGA	YOGA INTRO /VANYASA	LATE SUMMER YOGA	EVENING YOGA	SOUND BATH	
20.30	MOVIE/OWN TIME	MOVIE/OWN TIME	MOVIE/OWN TIME	MOVIE/OWN TIME	MOVIE/OWN TIME	