



Resolution Retreats

Sample Retreat Timetable - Seven Day Renewal Retreat

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7.00am		Ryoho Yoga	Ryoho Yoga	Ryoho Yoga		Ryoho Yoga	Wrap up meetings
7.30am					Fitness Session		
8.00am		Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation		Yoga Nidra & relaxation	
8.30am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00am	Guests arrive between 9.00-9.30am & settle into rooms	Nutrition Workshop					
9.30am			Heart, Health, & Happiness Dr Anna Rolleston	Fitness Session	Free time	Free time	M Collections Make Up
10.00am	10.00 Opening circle & tour				Travel to Mount Maunganui	Fitness Session	Makeovers
10.30am	Individual weigh ins, measurements & free time	Snack + Demonstration	Cooking demonstration	Free time	Styling presentation		
11.00am		Nutrition Workshop continued	Baking with wholefoods	The Role of Hormones Kathy Kneale	Individual styling advice/ Look around Mount Shops	Cooking demonstration Fermented Foods	Fitness plans with Nicola
11.30am						Free time, freshen up	Makeovers continued
12.00pm	Free time	Fitness Session	Fitness Session		Lunch at local café	Lunch	
12.30pm	Lunch	Lunch	Lunch	Lunch	Mount Maungau Walk	Meal Planning Workshop	Lunch
1.00pm					Up or around	Beauty Treatments / Free time	
1.30pm	Goal Setting Session	Goal setting workshop	Webinar (optional) Dr Libby Womens Health	Individual appointments with Kathy, free time, beauty	Return to Retreat	Optional Walk to Kaiate Falls	Free time
2.00pm	Fitness session		Beauty Treatments / Free time	treatments		Beauty Treatments / Free time	
3.00pm			Free time	Beauty Treatments / Free time	Free time		Closing circle
3.30pm	Optional Walk to Kaiate Falls	Optional Walk to Kaiate Falls		Free time			Guests free to return home
4.00pm	Beauty Treatments / Free time	Beauty Treatments / Free time					
4.30pm							
5.00pm		Free time / Beauty treatments					
5.30pm	Cooking demonstration			Cooking demonstration	Cooking demonstration		
6.00pm		Dinner	Dinner		by local Chef	Dinner	
6.30pm	Dinner			Dinner	Dinner, prepared by local Chef (wear some lippy!)		
7.00pm		DVD (optional) I hat Sugar F-ilm					
7.30pm	Free time, relaxation. Ensure in bed by 11pm		Free time, relaxation. Ensure in bed by 11pm	Free time, relaxation. Ensure in bed by 11pm	Free time, relaxation. Ensure in bed by 11pm	Free time, relaxation. Ensure in bed by 11pm	
8.00pm							
8.30pm							
9.00pm							

Key
Meal time
Fitness/Yoga
Group workshop/activity
Free time/relaxation
Travel/outing
Cooking Demonstration

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