

Sample Retreat Timetable - Ten Day Intensive

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
7.00am		Ryoho Yoga	Ryoho Yoga	Ryoho Yoga		REST DAY	Ryoho Yoga		Ryoho Yoga	Wrap up meetings
7.30am					Fitness Session			15 minute power yoga		
8.00am		Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation			Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation	
8.30am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00am	Guests arrive between 9.30-10am & settle into rooms	Nutrition Workshop	Goal Simplification Session with Joelene	Free time	Free time	Free time	Free time	Free time	Free time	M Collections
9.30am				Fitness Session		Fitness Session	Heart, Health, & Happiness with Dr Anna Rolleston	Fitness Programs	Fitness session with Nicola	Makeovers
10.00am	10.00 Opening circle & tour				Travel to Mt Maunganui					
10.30am	Individual initial meetings, measurements & free time	Snack + Demonstration	Free time	Free time, freshen up	Styling presentation	Kathy Kneal on the Role of Hormones	Free time		Meal Planning Workshop	
11.00am		Nutrition Workshop continued		Kate Berridge on Mindsets and Positive Body Image	Individual styling advice/ Look around Mount Shops		Fitness session			
11.30am			Fitness Session				Cooking Demonstration: Fermented Foods	Free time	Free time	
12.00pm		Fitness Session	Free time, freshen up		Lunch at local café	Cooking workshop		Lunch	Lunch	Lunch
12.30pm						Lunch				
1.00pm	Lunch	Lunch	Lunch	Lunch	Mount Maunganui Walk Up or around	Lunch	Lunch	Free time / Beauty Therapy /	Optional in town shopping / Beauty Treatments	Free time
1.30pm								Optional Group Walk : Kaiate Falls		
2.00pm	Goal Setting Session		Free time	Optional one-on-ones with Kate / Free time / Beauty /	Optional one-on-ones with Kathy / Free time / Beauty /	Optional one-on-ones with Kathy / Free time / Beauty /	In town shopping session (optional) / Beauty Treatments			
2.30pm	Fitness session - Introduction	Free time / Beauty Therapy / Optional Group Walk :	Cooking Workshop: Baking with whole foods	Optional Group Walk : Kaiate Falls	Return to Retreat	Optional Group Walk : Kaiate Falls				
3.00pm										
3.30pm	Snack, freshen up, free time & reflection	Kaiate Falls		Beauty Treatments/Free time	Free time	Beauty Treatments/Free time		Beauty Treatments / Free time		
4.00pm										Closing circle
4.30pm										Guests free to return home
5.00pm									Beauty Treatments / Free time	
5.30pm	Cooking demonstration			Cooking demonstration	Cooking demonstration by local Chef	Dinner	Free time	Cooking demonstration	Cooking demonstration	
6.00pm		Dinner	Dinner	Dinner	Dinner, prepared by local Chef (wear some lippy!)	Dinner	Dinner	Dinner	Dinner	
6.30pm	Dinner									
7.00pm		DVD (optional) That Sugar Film								
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	Free time, relaxation. Ensure in bed by 11pm	Free time, relaxation. Ensure in bed by 11pm	DVD (optional)	
8.00pm										
8.30pm		Free time, relaxation. Ensure in bed by 11pm								
9.00pm										

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