



# Resolution Retreats

## Sample Retreat Timetable - Three Day Taster

	Day 1	Day 2	Day 3
7.00am		Yoga	Yoga
7.30am			
8.00am		Yoga Nidra & relaxation	Yoga Nidra & relaxation
8.30am		Breakfast	Breakfast
9.00am	Guests arrive between 9.00-9.30am & settle into rooms	Free Time	Free Time
9.30am		Anatomy and weight loss education	Reading food labels
10.00am	10.00 Opening circle & tour		
10.30am	Free time	Free time	Free time
11.00am	Fitness session	Fitness session	Fitness session
11.30am			
12.00pm	Free time, freshen up	Free time, freshen up	Free time, freshen up
12.30pm	Lunch	Lunch	Lunch
1.00pm			
1.30pm	Healthy Eating Discussion	Free time, relax / Beauty treatments	Free time, relax / Beauty treatments
2.00pm	Optional walk - Kaiate Falls	Optional walk - Kaiate Falls	Optional walk - Papamoa Hills
2.30pm	Beauty Treatments		
3.00pm			
3.30pm	Snack, freshen up, free time	Snack, freshen up, free time	Snack, freshen up, free time
4.00pm			
4.30pm			Afternoon tea & closing circle
5.00pm			Guests free to return home
5.30pm	Cooking demonstration	Cooking demonstration with Local Chef	
6.00pm			
6.30pm	Dinner	Dinner cooked by local Chef	
7.00pm			
7.30pm	Free time, relaxation. Ensure in bed by 11pm	DVD, That Sugar Film (optional)	
8.00pm			
8.30pm			
9.00pm			

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

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