

Sample Retreat Timetable - Two Week Transformation 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	Ryoho Yoga	REST DAY
7.30am							Sleep in/Gentle morning walk
8.00am		Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation	Breakfast
8.30am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00am	Guests arrive between 9.00-9.30am & settle into rooms	Nutrition workshop	Goal Setting Session	Free time	Free time	Free time	Dr Anna Rolleston
9.30am	10.00 Opening circle & tour			Fitness session	Fitness session	Fitness session	Heart health and happiness
10.00am	Individual weigh ins, measurements & free time	Demonstration + Snack					
10.30am		Nutrition workshop cont...	Fitness session	The Role of Hormones Kathy Neale	Free time	Cooking demonstration	Free time
11.00am						Fermented Foods	
11.30am					Travel to Mount Maunganui	Free time	Fitness education
12.00pm					Lunch at local café		
12.30pm							
1.00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1.30pm							
2.00pm	Goal setting introduction	Free time	Free time	Optional One on One	Walk up or around		Dr Libby Webinar
2.30pm	Fitness session	Fitness session	Optional Outdoor Meditation	Sessions with Kathy / Pampering /	Mount Maunganui	Free time, relaxation, reflection	Understanding the Female Body
3.00pm				Free time			
3.30pm			Free time, relaxation, reflection		Return to retreat		
4.00pm	Free time, relaxation, reflection	Free time, relaxation, reflection			Free time, relaxation		Free time, relaxation, reflection
4.30pm							
5.00pm							
5.30pm	Cooking demonstration		Cooking demonstration	Cooking demonstration	Cooking demonstration		Cooking demonstration
6.00pm					by local Chef		
6.30pm	Dinner	Dinner	Dinner	Dinner	Dinner, prepared by local Chef (wear some lippy!)	Dinner	Dinner
7.00pm		DVD (optional)				DVD (optional)	
7.30pm	Free time, relaxation. Ensure in bed by 11pm	That Sugar Film	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		Free time, relaxation				Free time, relaxation. Ensure in bed by 11pm	

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
7.00am	Ryoho Yoga	Free time	Ryoho Yoga	Free time	Free time	Ryoho Yoga	Wrap up meetings
7.30am							
8.00am	Yoga Nidra & relaxation	15 minute Yoga Flow	Yoga Nidra & relaxation	Fitness Session	15 minute Yoga Flow	Yoga Nidra & relaxation	
8.30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00am							
9.30am	Free time	Free time	Free time	Travel to Mount Maunganui	Free time	Fitness training discussion	
10.00am	Fitness session	Fitness session		Styling session at Repertoire Magazine	Fitness session	Your fitness plans explained with Nicola / self paced fitness session	M Collections Make Up Makeovers
10.30am			Cooking demonstration: Sourdough				
11.00am	Cooking demonstration	Embrace Film	Fitness session		Kate Berridge		
11.30am	Baking with wholefoods	The Body Image Movement		Travel to Papamoa	Your self care management system	Meal planning workshop	
12.00pm				Lunch at local café			
12.30pm	Free time	Free time					
1.00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1.30pm							
2.00pm	Free time	Pampering / Optional	Pampering / Optional	Papamoa beach walk	Optional One on One		Free time
2.30pm	Optional Outdoor Meditation	Shopping Trip	Papamoa Beach Walk		Sessions with Kate / Pampering /	Free time, relaxation, reflection	Closing circle
3.00pm	Free time, relaxation, reflection			Supermarket challenge	Free time		Guests free to return home
3.30pm			Free time	Return to retreat			
4.00pm				Free time			
4.30pm							
5.00pm							
5.30pm		Cooking demonstration		Cooking demonstration	Free time	Cooking demonstration	Cooking demonstration
6.00pm	Dinner	Dinner	Dinner	by local Chef	Cooking demonstration	Dinner	Dinner
6.30pm				Dinner, prepared by local Chef (wear some lippy!)	Dinner	Dinner	Dinner
7.00pm	DVD (optional)		Free time, relaxation. Ensure in bed by 11pm		Free time, relaxation. Ensure in bed by 11pm	Free time, relaxation. Ensure in bed by 11pm	
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	
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