

## Summary Retreat Timetable - Three Week Lifechanger

	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	Ryoho Yoga	REST DAY	Ryoho Yoga	Ryoho Yoga	Ryoho Yoga	
7.30am						Sleep in/Gentle morning walk				
8.00am		Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation	15 minute Yoga Flow
8.30am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00am	Guests arrive between 9.00-9.30am & settle into rooms	Nutrition workshop	Goal Setting Session Joelene Ranby	Free time	Free time	Free time	Free time	Nutrition Workshop #2 with Joelene	Free time	Free time
9.30am										
10.00am	10.00 Opening circle & tour				Free time	Fitness session	Cooking demonstration		Fitness session	Fitness session
10.30am	Individual weigh ins, measurements & free time	Uemonstration + Snack			Free time		Baking with wholefoods		Free time	
11.00am		Nutrition workshop continued	Fitness session	Fitness session		Fitness session	The Role of Hormones Kathy Neale			Cooking demonstration
11.30am					Travel to Mount Maunganui	Education session		Fitness session		Fermented Foods
12.00pm					Lunch at local café					
12.30pm										
1.00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1.30pm										
2.00pm	Goal setting introduction	Free time	Free time	Optional Walk: Kaiate Falls	Walk up or around Mount Maunganui	Free time	Optional One on One Sessions with Kathy / Beauty treatments / Free time	Free time	Beauty treatments / Optional Shopping Trip	Beauty treatments / Optional Papamoa Beach
2.30pm	Fitness session	Fitness session	Optional Outdoor Meditation	Beauty therapy / free time		Optional Outdoor Meditation		Optional Outdoor Meditation		
3.00pm			Free time, relaxation, reflection			Free time, relaxation, reflection		Free time, relaxation, reflection		
3.30pm	Free time, relaxation, reflection				Return to retreat					
4.00pm				Free time, relaxation	Free time, relaxation					
4.30pm		Free time, relaxation, reflection								
5.00pm										
5.30pm	Cooking demonstration	Cooking demonstration	Cooking demonstration		Cooking demonstration by local Chef			Cooking demonstration	Cooking demonstration	
6.00pm				Dinner	Dinner, prepared by local Chef (wear some lippy!)	Dinner	Dinner	Dinner	Dinner	Dinner
6.30pm	Dinner	Dinner	Dinner							
7.00pm				DVD (optional) That Sugar Film		DVD (optional)	DVD (optional)	Dinner	Dinner	DVD (optional)
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	Free time, relaxation. Ensure in bed by 11pm	Free time, relaxation. Ensure in bed by 11pm
8.00pm										
8.30pm										
9.00pm										

	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov
7.00am	REST DAY	Ryoho Yoga	15 minute Yoga	Ryoho Yoga	Ryoho Yoga	Ryoho Yoga	Fitness Session	REST DAY	Ryoho Yoga	Ryoho Yoga	Wrap up meetings
7.30am	Sleep in/Gentle morning walk							Sleep in/Gentle morning walk			
8.00am	Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation	Yoga Nidra & relaxation	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	Breakfast	Breakfast
9.00am											
9.30am	Free time	Free time	Free time	Dr Anna Rolleston	Free time	Free time	Free time	Fitness training discussion	Free time	Free time	
10.00am		Fitness session	Fitness session	Heart health and happiness	Fitness session	Fitness session	Travel to Mount Maunganui	Your fitness plans explained with Nicola	Fitness session	Fitness session	M Collections Make Up Makeovers
10.30am							Styling session at Repertoire (half of group) / explore Mount Maunganui shops				
11.00am		Cooking demonstration: Sourdough	Kate Berridge Your self care management system	Fitness session	Free time	Free time		Free time	Free time	Meal planning workshop	
11.30am	Fitness Education			Free time	Dr Libby Webinar	Dr Libby Webinar			Travel to welcome bay		
12.00pm				Cooking worksho	Understanding the Female Body	Fundamentals of sleep				Lunch	
12.30pm				Lunch			Travel to Papamoa	Cooking Workshop	Cooking School		
1.00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch at local café	Lunch	With Chef James Broad		Lunch
1.30pm											
2.00pm	Free time	Free time	Optional One on One Sessions with Kathy / Beauty treatments / Free time	Optional walk: Mount Maunganui	Shopping Trip (optional) / Beauty Treatments	Optional walk: Kaiate Falls	Papamoa beach walk	In town shopping session (optional) / Beauty therapy / Free time	Return to retreat or ...	Beauty therapy / Free time	Free time
2.30pm	Optional Outdoor Meditation						Supermarket challenge		Optional Activity: Trampoline Park		Closing circle
3.00pm	Free time, relaxation, reflection			Free time		Free time					
3.30pm							Return to retreat				
4.00pm											
4.30pm											
5.00pm	Free time										
5.30pm	Cooking demonstration	Travel to Tauranga	Cooking demonstration		Free time	Cooking demonstration	Cooking demonstration			Cooking Demonstration	
6.00pm	Cooking demonstration by local Chef	Movie Night		Dinner		Dinner	Dinner	Dinner / Styling Session	Dinner	Dinner	
6.30pm	Dinner, prepared by local Chef (wear some lippy!)		Dinner					Magazine Clothing			
7.00pm								DVD (optional)			
7.30pm	Free time, relaxation. Ensure in bed by 11pm	Return to retreat	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	Free time, relaxation. Ensure in bed by 11pm	Free time, relaxation. Ensure in bed by 11pm
8.00pm		Free time, relaxation. Ensure in bed by 11pm									
8.30pm											
9.00pm								Free time, relaxation. Ensure in bed by 11pm			

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