

Fourteen Day Transformation / Three Week Life Changer Retreat

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
7.00am		Free time	Free time		7.10am Yoga & Meditation	Free time	Rest Day! Sleep in			Free time
7.30am		7.30am Fitness session	7.30am Fitness Session	Optional group walk / swim		7.30am Fitness Session		7.45am Yoga Flow 15mins Meditation	Optional group walk / swim	7.30am Fitness Session
8.00am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8.30am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00am	Guests arrive between 9.00-9.30am & settle into rooms	Free time	Free time	Free time	Free time	Free time	Free time	Free time	Free time	Free time
9.30am		9.30am Nutrition Workshop	11am Women's Hormones Workshop with Vinka	9.30am Meal Planning Workshop	9.30am Hearts, Health & Happiness Workshop with Dr Anna	9.30 Travel to Cambridge	Goals & Habits Workshop with Joelene 9am - 1:00pm	9.30am Fitness Session	9.30am Fitness Session	9.30am Hearts, Health & Happiness Workshop with Dr Anna
10.00am	10am Opening circle & tour	9am - 1:00pm				10am Styling discussion at Repertoire		10:30 Gut health workshop		
10.30am										
11.00am	11am Self care & mental health workshop	Snack + Demonstration		Free time	Free time	Travel to Café		11:30am Cooking demonstration	Free time	Free time
11.30am		Nutrition Workshop continued		11:30am Pool Fitness	11:30am Fitness Session	12.30pm Lunch at local Café		Fermented Foods	11am Health Education Workshop	11:30am Yoga & Meditation
12.00pm										
12.30pm										
1.00pm	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch	Return to Retreat	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch
1.30pm	Individual initial meetings, measurements & free time	Bliss time	Optional one on ones / Bliss Time	Bliss time	Bliss time	Bliss time	Bliss time	Bliss time	Bliss time	Travel to Putaruru
2.00pm							2pm Optional Webinar screening 1	2pm Optional Webinar screening 2	2.30pm Yoga & meditation session 1	Optional group walk
2.30pm	2.45pm Fitness session 1	2.30pm Yoga & meditation session 1	2.30pm Yoga & meditation session 1	2.30pm Yoga & meditation session 1	2.30pm Baking Workshop 1	2.30pm Yoga & meditation session 1	Womens Hormones	Womens Hormones		Blue Spring
3.00pm										
3.30pm					Afternoon Snack		Afternoon Snack	Afternoon Snack	4pm Yoga & meditation session 2	
4.00pm	4pm Fitness session 2	4pm Yoga & meditation session 2	4pm Yoga & meditation session 2	4pm Yoga & meditation session 2	3:30pm Baking Workshop 2	4pm Yoga & meditation session 2			Optional group walk / swim	
4.30pm										
5.00pm										
5.30pm			5.30pm Cooking demonstration	5.30pm Cooking demonstration			5.30pm Cooking demonstration		5.30pm Cooking demonstration	Return to Retreat
6.00pm	6:00pm Cooking demonstration									
6.30pm	6.45pm Dinner	6:30pm Dinner	6:30pm Dinner	6:30pm Dinner	6:30pm Dinner	6:30pm Dinner	6:30pm Dinner	6:30pm Dinner	6:30pm Dinner	6:30pm Dinner
7.00pm										
7.30pm		DVD (optional) Screening 1 <i>That Sugar Film</i>	DVD (optional) Screening 2 <i>That Sugar Film</i>	Free time, relaxation. Ensure in bed by 11pm	DVD (optional) Screening 1 <i>Embrace</i>	DVD (optional) Screening 2 <i>Embrace</i>	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) Screening 1 <i>Embrace</i>
8.00pm	Free time, relaxation. Ensure in bed by 11pm									
8.30pm										
9.00pm		Free time, relaxation. Bed by 11pm	Free time, relaxation. Bed by 11pm		Free time, relaxation. Bed by 11pm	Free time, relaxation. Bed by 11pm				Free time, relaxation. Ensure in bed

	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
7.00am	Optional group walk / swim	Free time	7.10am Yoga & Meditation	Rest Day! Sleep in	Free time	Free time	Free time	Free time	Free time	Free time
7.30am		7.30am Fitness Session			7.30am Fitness Session	7.30am Fitness Session	7.30am Fitness Session	7.30am Fitness Session	7.30am Fitness Session	7.30am Fitness Session
8.00am										
8.30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00am	Free time	Free time	Free time	Return to Retreat	Free time	Free time	Free time	Free time	9am Travel to Hamilton	Free time
9.30am	9.30am Fitness Session	9.30am Nutrition Workshop	9.30am Meal Planning Workshop	Farmers Markets Outing	9.30am Breathe Workshop	9.30am Education Session	9.30am Muscle Tension Release	9.30am Yoga & Meditation	9.30am Tea Tour	9.30am Education Session
10.00am		9am - 1:00pm		21 Day Guests		Health Workshop			Zealand Estate	Health Workshop
10.30am	Free time		Free time		10.30am Cooking demonstration	Free time	Free time	Free time		Free time
11.00am	11am Sleep Solutions Workshop	Snack + Demonstration		Return to Retreat	GF Sourdough	11am Yoga & meditation session	11am Yoga & meditation session	11am Education Session		11am Yoga & meditation session
11.30am		Nutrition Workshop continued	11:30am Pool Fitness	Optional Fitness Plans - see booking sheet				Health Workshop	Supermarket Challenge	
12.00pm										
12.30pm				14 Day Guests					12.30 Return to Retreat	
1.00pm	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch
1.30pm	Bliss time	Bliss time	Travel to Tirau	1.30pm Makeovers with Caroline	Optional group shopping trip	Bliss time	Bliss time	1.30 Travel to Cambridge	Bliss time	Bliss time
2.00pm			Optional group shopping trip to Tirau	From M Collections	to Tirau	2pm Optional Webinar screening 1	2pm Optional Webinar screening 2	Movie Afternoon		
2.30pm	2.30pm Yoga & meditation session 1	2.30pm Yoga & meditation session 1		14 Day guests		Sleep Solutions	Sleep Solutions		2.30pm Yoga & meditation session 1	
3.00pm										
3.30pm				Afternoon Snack		Afternoon Snack	Afternoon Snack		Afternoon Snack	Afternoon Snack
4.00pm	4pm Yoga & meditation session 2	4pm Yoga & meditation session 2						Return to Retreat	4pm Yoga & meditation session 2	
4.30pm				Optional group walk / swim		Optional group walk / swim	Optional group walk / swim	Optional group walk / swim		
5.00pm										
5.30pm	5.30pm Cooking demonstration		Return to Retreat	5.30pm Cooking demonstration		5.30pm Cooking demonstration	5.30pm Cooking demonstration			5.30pm Cooking demonstration
6.00pm										
6.30pm	6.30pm Dinner	6.30pm Dinner	6.30pm Dinner	6.30pm Dinner	6.30pm Dinner	6.30pm Dinner	6.30pm Dinner	6.30pm Dinner	6.30pm Dinner	6.30pm Dinner
7.00pm										
7.30pm	Free time, relaxation. Ensure in bed by 11pm	DVD (optional) Screening 1	DVD (optional) Screening 2	Free time, relaxation. Ensure in bed by 11pm	DVD (optional) Screening 1	DVD (optional) Screening 2	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		Ladies Choice	Ladies Choice	11pm	Ted Talk	Ted Talk				
8.30pm										
9.00pm		Free time, relaxation. Bed by 11pm	Free time, relaxation. Bed by 11pm		Free time, relaxation. Bed by 11pm	Free time, relaxation. Bed by 11pm				



