

Seven Day Renewal Retreat

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7.00am		7am Fitness Session 1	7am Fitness Session 1	7am Fitness Session 1	7am Fitness Session 1	7am Fitness Session 1	7am Fitness Session 1
7.30am		7.45am Fitness Session 2	7.45am Fitness Session 2	7.45am Fitness Session 2	7.45am Fitness Session 2	7.45am Fitness Session 2	7.45am Fitness Session 2
8.00am							
8.30am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00am	Guests arrive between 9.00-9.30am & settle into rooms	Free time	9am Women's Hormones Workshop with Vinka	Free time	Free time	Free time	9am Skin presentation
9.30am		9.30am Nutrition Workshop		9.30am Fitness Session	9.30am Hearts, Health & Happiness Workshop with Dr Anna	9.30am Education Session Health Workshop	9.30am Individual final meetings, measurements & free time
10.00am	10am Opening circle & tour	9am - 1:00pm		10:30 Gut health workshop			
10.30am							
11.00am	11am Selfcare Workshop	Snack + Demonstration	11am Baking Workshop				& 9.30am Optional Skin and mineral mini makeovers
11.30am		Nutrition Workshop continued	Baking with wholefoods	11.30pm Cooking demonstration	11:30 Meal Planning workshop	11:30 Education Session Health workshop	
12.00pm				Fermented Foods			
12.30pm							
1.00pm	1pm Lunch	1pm Lunch	1pm Lunch	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	Optional Individual Fitness Plans
2.00pm							
2.30pm	2.30pm Fitness session 1	2.30pm Yoga & meditation session 1	2.30pm Yoga & meditation session 1	2.30pm Yoga & meditation session 1	2.30pm Yoga & meditation session 1	2.30pm Yoga & meditation session 1	2.30pm Yoga & meditation session
3.00pm							
3.30pm							Afternoon Snack
4.00pm	4pm Fitness session 2	4pm Yoga & meditation session 2	4pm Yoga & meditation session 2	4pm Yoga & meditation session 2	4pm Yoga & meditation session 2	4pm Yoga & meditation session 2	
4.30pm							
5.00pm	Bliss time, read in-room guide						Closing circle, farewell
5.30pm					5.30pm Cooking demonstration		
6.00pm	6:00pm Cooking demonstration					6:00pm Cooking demonstration	
6.30pm		6:30pm Dinner	6:30pm Dinner	6:30pm Dinner	6:30pm Dinner		
7.00pm	6.45pm Dinner					6.45pm Dinner	
7.30pm		DVD (optional) Screening 1	DVD (optional) Screening 2	DVD (optional) Screening 1	DVD (optional) Screening 2		
8.00pm	Free time, relaxation. Ensure in bed by 11pm	<i>That Sugar Film</i>	<i>That Sugar Film</i>	<i>Embrace</i>	<i>Embrace</i>	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		

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Key
Meal
Fitness / Yoga
Cooking demonstration / workshop
Education session
Bliss time / relaxation
Travel / outing
DVD / Webinar
Individual Consultations