

### Ten Day Intensive Retreat

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
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	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	7.45am Fitness session 2
8.00am				Optional group walk / swim						
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	9.30am Makeovers with Caroline	Free time	Free time	Free time
9.30am		9.30am Nutrition workshop	9.30am Meal Planning Workshop	9.30am Fitness session	9.30am Hearts, Health & Happiness workshop with Dr Anna	9.30am Meal Planning workshop	From M Collections	9.30 Travel to Cambridge	Goals & Habits workshop with Joelene	9.30am Makeovers with Caroline
10.00am	10am Opening circle & tour		Free time	10.30 Gut health workshop			1.30pm Optional fitness plans	10am Styling discussion at Repertoire	9am - 1.00pm	From M Collections
10.30am										
11.00am	10.45am Self care & mental health workshop	Snack + Demonstration	11am Hormones Workshop with Vinka	11.30am Cooking demonstration Fermented Foods	Free time	11am Self Care Management System workshop				Final meetings
11.30am		Nutrition workshop continued								
12.00pm								Travel to Café		
12.30pm	Read in-room guide							12.30pm Lunch at local Café		
1.00pm	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch	Return to Retreat	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	1.30pm Optional fitness plans
2.00pm										
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 Yoga & meditation session 1	2.30pm Yoga & meditation session 1	2.30pm Extended Meditation session	2.30pm Yoga & meditation session 1	2.30pm Yoga & meditation session 1	
3.00pm										3pm Yoga & meditation session
3.30pm	Afternoon Snack / Bliss time	Afternoon Snack / Bliss time	Afternoon Snack / Bliss time	Afternoon Snack / Bliss time	Afternoon Snack / Bliss time	Afternoon Snack / Bliss time	Afternoon Snack / Bliss time	Afternoon Snack / Bliss time	Afternoon Snack / Bliss time	
4.00pm	3.55pm 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	4pm Extended Meditation session	4pm Yoga & meditation session 2	4pm Yoga & meditation session 2	
4.30pm										Closing circle, farewell
5.00pm										
5.30pm			5.30pm Cooking demonstration				5.30pm Cooking demonstration	5.30pm Cooking demonstration	5.30pm Cooking demonstration	
6.00pm	6.00pm Cooking demonstration									
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	
7.00pm	6.45pm Dinner									
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	
8.00pm	Free time, relaxation. Ensure in bed by 11pm									
8.30pm		Free time, relaxation. Bed by 11pm	Free time, relaxation. Bed by 11pm		Free time, relaxation. Bed by 11pm	Free time, relaxation. Bed by 11pm				
9.00pm										

Key
Meal
Fitness / Yoga
Cooking demonstration / workshop
Education session
Bliss time / relaxation
Travel / outing
DVD / Webinar
Individual Consultations+B8:L48+D10:L48