

## Three / Four Day Fresh Start Retreat

	Day 1	Day 2	Day 3	Day 4
7.00am		7am Fitness Session 1	7am Fitness Session 1	7.10am Yoga
7.30am		7.45am Fitness Session 2	7.45am Fitness Session 2	
8.00am				8am Meditation
8.30am		Breakfast	Breakfast	Breakfast
9.00am	Guests arrive between 9.00-9.30am & settle into rooms	Free time	Free time	Free time
9.30am		9.30am Education Session:	9.30am Education Session:	9.30am Meal Planning Workshop
10.00am	10am Opening circle & tour	Health Workshop	Health Workshop	
10.30am	Morning Snack	10.15am Cooking Demonstration:	10am Reading Food Labels	
11.00am	10.45am Education Session	Fermented Foods	Bliss time	Free time
11.30am	Healthy Eating and Habits Discussion	Bliss time		11.30am Pool Fitness
12.00pm	11.30am Fitness Session 1			
12.30pm	12.15pm Fitness Session 2			
1.00pm	1pm Lunch	1pm Lunch	1pm Lunch	1pm Lunch
1.30pm	Bliss time / read in-room guide	Bliss time	Bliss time	Bliss time
2.00pm				
2.30pm	2.30pm Yoga & Meditation session 1	2.30pm Yoga & Meditation session 1	2.30pm Yoga & Meditation session 1	Optional group walk / swim
3.00pm				
3.30pm	3.30pm Yoga & Meditation session 2	3.30pm Yoga & Meditation session 2	3.30pm Yoga & Meditation session 2	Afternoon Snack
4.00pm	Afternoon Snack / Bliss time	Afternoon Snack / Bliss time	Afternoon Snack / Bliss time	
4.30pm	Optional group walk / swim	Optional group walk / swim	Farewell 3 Day Guests	Farewell 4 Day Guests
5.00pm				
5.30pm			5.30pm Cooking demonstration	
6.00pm	6.00pm Cooking demonstration			
6.30pm		6.30pm Dinner	6.30pm Dinner	
7.00pm	6.45pm Dinner			
7.30pm		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>	
8.30pm				
9.00pm		Free time, relaxation. Ensure in bed 11pm	Free time, relaxation. Ensure in bed 11pm	

© Resolution Retreats 2020

Key
Meal
Fitness / Yoga
Cooking demonstration / workshop
Education session
Bliss time / relaxation
DVD / Webinar