

# WOMEN'S HEALTH WEEKEND RETREAT



## DAY 1

*Friday, September 7th, 2pm-8pm*



- 2:00pm** Check in
- 3:00pm** Welcome session & afternoon tea
- 3:30pm** Getting to know you activities
- 4:30pm** Free time & opportunity to relax
- 5:00pm** Dinner
- 6:00pm** Free Time
- 6:30pm** Yoga & Meditation

## DAY 2

*Saturday, September 8th, 6:30am-8pm*



- 6:30am** Yoga
- 7:45am** Breakfast
- 8:30am** Free time & opportunity to relax
- 9:00am** Nutrition demonstration & morning tea
- 10:00am** Workshop, activity & group coaching session
- 11:30am** Lunch
- 12:30am** Workshop: Detoxing the body
- 2:00pm** Free time & afternoon tea
- 5:00pm** Dinner
- 6:00pm** Free time
- 7:00pm** Yoga & Meditation

## DAY 3

*Sunday, September 9th, 8am-2pm*



- 8:00am** Breakfast
- 9:00am** Free time & morning tea
- 11:00am** Workshop with Grainne Myles
- 12:30pm** Farewell lunch
- 1:30pm** Check out

