

## Arrival Day

4:30pm – 7:00pm **Check-in** Relax, make a cup of tea, have some nibbles, and settle in and explore the beautiful surroundings of the retreat centre.

4:45 – 5:45pm **Slow Flow** Ease into your 3-night retreat with gentle yoga.

7 – 8:15pm **Dinner**

8:15 -9.15pm **Opening Circle and Guided Relaxation**

## Day 2

7:30 - 8am **Meditation and Pranayama**

8 - 9.30am **Dynamic yoga**

9:30 – 10:30am **Brekky**

10.30 – 11.30am **Intro to Meditation**

11.30am – 1pm **Free Time**

1pm – 2pm **Lunch**

2pm – 4.30pm **Free Time**

4.30-5.30pm **Gut-Brain Health workshop** learn how to support your mental health by improving the health of your digestive system

5:30pm – 6:45pm **Yin Yoga**

7pm – 8:15pm **Dinner**

8:15-9.15pm **Guided Meditation (Yoga Nidra)**

## Day 3

7:30 - 8am **Meditation and Pranayama**

8 - 9.30am **Dynamic yoga**

9:30 – 10:30am **Brekky**

10.30 – 11:30am **Meditative Walk**

11.30am – 1:00pm **Free Time**

1 – 2:00pm **Lunch**

2 – 4.30pm **Free Time**

4.30-5.30pm **Science of Sleep workshop** Learn ways to support your hormonal system for better rest and improved energy

5:30 – 6:30pm **Restorative Yoga**

7 – 8:15pm **Dinner**

8:30 - 9.30pm **Yoga Nidra**

Final morning

7:30 - 8am **Meditation and Pranayama**

8 - 9am **Dynamic yoga**

9 - 9:45am **Brekky**

9:45 - 10.30am **Closing Circle**

11:00am **Check-out**