



Welcome to Your Wellness Retreat

ITINERARY	TIME	ACTIVITY
<i>Day One</i>	4:00-5:00PM	Welcome/Resort Orientation
	6:15-6:45PM	Meditation/Intentions Services
	7:00-8:00PM	Dinner at TULA Restaurant
	8:00-9:00PM	Fire side Chat- Ice Breaker/Motivationl Session
	9:00-10:00PM	Candlelight Yoga
<i>Day Two</i>	6:50-7:00AM	Beach Yoga Wake-Up/Warm-Up
	7:15-9:00AM	Breakfast w/Nutritionist
	9:00-10:00AM	Session: Wellness Topic- Sleep
	10:50-11:50AM	Journaling
	12:00-1:00PM	Lunch w/Chef Demo
	1:00-2:00PM	Walk & Nature Group - Palm Shores
	2:00-5:00PM	Therapeutic Services
	5:00-6:15PM	Whole Heart Yoga & Meditation
	6:50-8:00PM	Dinner
	8:00-9:00PM	Sound Bath
<i>Day Three</i>	7:00-8:00AM	Group Morning Meditation-Yoga Nidra
	8:15-9:00AM	Breakfast
	10:00-12:00PM	Fitness/Movement/Paddleboard Lake Worth Lagon
	1:00-5:00PM	Interactive Culinary Lunch and Learn
	5:00-6:00PM	In-Person Coaching /Therapeutic Services
	6:00-6:50PM	Group Meditation
	6:50-8:00PM	Dinner
	8:00-9:00PM	Evening Session: Q&A/ Personal Goal Setting - PWSS
<i>Day Four</i>	7:50-8:00AM	Group Meditation
	8:15-9:00AM	Breakfast
	9:00-10:00AM	Session: Motivational Life Coach Overcoming Obstacles
	11:00-12:00PM	Closing Ceremony