

## Friday

- 3:00- 6:30** Guests arrive check in and enjoy the beautiful surrounds
- 6:30- 7:30** Welcome buffet and drinks (plant based)
- 7:45- 8:45** Opening ceremony, why wellbeing is so important, group introductions
- 8:45- 10:00** Relaxing yoga before bed

## Saturday

- 6:30- 7:30** Coffee and tea, fresh fruit water
- 7:30- 8:45** Wake up yoga, meditation and breath work
- 9:00- 10:00** Plant based breakfast buffet
- 10:30- 12:30** Transformation session: What is emotional intelligence and how can it transform my life
- 12:30- 1:30** Self serve lunch
- 1:30- 4:30** Beach walk/massages/free time/surf/SUP
- 5:30-6:45** Yoga and holistic healing
- 7:00-8:00** Dinner
- 9:15-9:45** Reflection and journaling before bed

## Sunday

- 6:30- 7:30** Coffee and tea, fresh fruit water
- 7:30- 8:45** Wake up yoga, meditation and breath work
- 9:00- 10:00** Plant based breakfast buffet
- 10:30- 12:30** Transformation session: Why I am like I am
- 12:30- 1:30** Self serve lunch
- 1:30- 4:30** Beach walk/massages/free time/surf/SUP
- 5:30-6:45** Yoga and holistic healing
- 7:00-8:00** Dinner
- 9:15-9:45** Meditation before bed

## Monday

- 6:30- 7:30** Coffee and tea, fresh fruit water
- 7:30- 8:45** Wake up yoga, meditation and breath work
- 9:00- 10:00** Plant based breakfast buffet
- 10:30- 12:30** Transformation session: techniques for working through emotion and thought
- 12:30- 1:30** Self serve lunch
- 1:30- 4:30** Beach walk/massages/free time/surf/SUP
- 5:30-6:45** Yoga and holistic healing
- 7:00-8:00** Dinner
- 9:15-9:45** Reflection and journaling before bed

## Tuesday

- 6:30- 7:30** Coffee and tea, fresh fruit water
- 7:30- 8:45** Wake up yoga, meditation and breath work
- 9:00-10:00** Plant based breakfast buffet
- 10:30-12:30** Transformation session: Working through a thought or emotion (power of opposites)
- 12:30-1:30** Self serve lunch
- 1:30- 4:30** Beach walk/massages/free time/surf/SUP
- 5:30-6:45** Yoga and holistic healing
- 7:00-8:00** Dinner
- 9:15-9:45** Meditation before bed

## Wednesday

- 6:30- 7:30** Coffee and tea, fresh fruit water
- 7:30- 8:45** Wake up yoga, meditation and breath work
- 9:00- 10:00** Plant based breakfast buffet
- 10:30- 12:30** Free time
- 12:30- 1:30** Self serve lunch
- 1:30- 4:30** Beach walk/massages/free time/surf/SUP
- 5:30-6:45** Dinner
- 7:00-8:00** IRest- enter into deep relaxation

## Thursday

- 6:30- 7:30** Coffee and tea, fresh fruit water
- 7:30- 8:45** Wake up yoga, meditation and breath work
- 9:00-10:00** Plant based breakfast buffet
- 10:30-12:30** Transformation session: My commitments to myself and my own emotional intelligence
- 12:30-1:30** Self serve lunch
- 1:30- 4:30** Beach walk/massages/free time/surf/SUP
- 5:30-6:45** Closing circle
- 7:00-8:00** Dinner

## Friday

- 6:30- 7:30** Coffee and tea, fresh fruit water
- 7:30- 8:45** Wake up yoga, meditation and breath work
- 9:00- 10:00** Plant based breakfast buffet
- 10:30-12:30** Guests depart