



mindful self ness.

women healing retreat
for body, mind & soul

day 1

welcome!

4 pm - ARRIVAL

5 pm - WELCOME
MEETING with the hosts

7:30 pm - DINNER &
Nutritionist introduction
into retreat's diet

day 2

be mindful!

7:30 am - coffee/tea &
fruits

8:15 am - YOGA movement

9:30 am - BREAKFAST

11:30 am - MINDFULNESS
workshop

2:30 pm - LUNCH

5 pm - HEART TRAIL hike

6:30 pm - DINNER

9 pm - STARGAZING

day 3

meet yourself!

8:30 am - BREAKFAST

10:30 am - POETRY
workshop

2:30 pm - LUNCH

5 pm - YOGA breathing

7 pm - DINNER

8 pm - TEA tasting

day 4

shout aloud!

8:30 am - BREAKFAST

10:30 am - POETRY &
VOICE workshop

2:30 pm - LUNCH

5 pm - MASSAGES

6:30 pm - DINNER

7:30 pm - YOGA nidra &
SILENT time

day 5

hug & accept!

7:30 am - coffee/tea &
fruits

8:15 am - YOGA

9:30 am - BREAKFAST

homework time

2:30 pm - LUNCH

5 pm - POETRY & VOICE
closure

7 pm - DINNER

COMMUNITY time & time
management techniques

day 6

thank yourself!

8:30 am - BREAKFAST

impressions

DEPARTURE

