

# Sample Retreat Daily Schedule

	Day #1	Day #2	Day #3	Day #4	Day #5
7:00 AM					
7:15 AM		<b>Meditation &amp; Yoga</b> 7am - 8am	<b>Meditation &amp; Yoga</b> 7am - 8am	<b>Meditation &amp; Yoga</b> 7am - 8am	<b>Meditation &amp; Yoga</b> 7am - 8am
7:30 AM					
7:45 AM					
8:00 AM		Break	Break	Break	Break
8:15 AM					
8:30 AM		<b>Breakfast</b> 8:15am - 9:15am	<b>Breakfast</b> 8:15am - 9:15am	<b>Breakfast</b> 8:15am - 9:15am	<b>Breakfast</b> 8:15am - 9:15am
8:45 AM					
9:00 AM					
9:15 AM		Break	Break	Break	
9:30 AM					
9:45 AM		<b>Morning Teaching Session</b> 9:30 - 10:30am	<b>Morning Teaching Session</b> 9:30 - 10:30am		
10:00 AM					
10:15 AM					
10:30 AM					
10:45 AM					
11:00 AM				<b>Island Excursion</b>	<b>Guest Departures:</b>
11:15 AM		Free Time Enjoy the Beach!	Free Time Enjoy the Beach!		
11:30 AM		10:30 am - 12:30 pm	10:30 am - 12:30 pm		
11:45 AM					
12:00 noon					
12:15 PM					
12:30 PM					
12:45 PM		<b>Lunch</b> 12:30 - 1:30 pm	<b>Lunch</b> 12:30 - 1:30 pm	<b>Lunch</b> <b>*Cooking Class</b> 12:30 - 1:30 pm	
1:00 PM					
1:15 PM					
1:30 PM		Free Time 1:30 - 2:00 pm	Free Time 1:30 - 2:00 pm	Free Time 1:30 - 2:00 pm	
1:45 PM					
2:00 PM	<b>Guest Arrivals:</b>				
2:15 PM		<b>Appts with Doctor or Practitioner</b> <b>(*Consultations and Treatments Based Upon Individual Intake Form and Goals)</b>			
2:30 PM					
2:45 PM					

3:00 PM					
3:15 PM					
3:30 PM			<b>Appts with Doctor or Practitioner</b>	<b>Appts with Doctor or Practitioner</b>	
3:45 PM		Break			
4:00 PM					
4:15 PM					
4:30 PM					
4:45 PM					
5:00 PM		<b>Boat Cruise</b> 4:00 - 6:30 pm Pick-up to be at the beach			
5:15 PM			Break	Break	
5:30 PM					
5:45 PM					
6:00 PM					
6:15 PM					
6:30 PM	<b>Welcome Dinner &amp; Introductions and Intro Session on The 5 Elements of Wellness</b> 6:00 - 8:00 pm	<b>Dinner &amp; Evening Session</b> 6:30 - 8:00 pm	<b>Dinner &amp; Evening Session</b> 6:00 - 8:00 pm	<b>Celebration Dinner &amp; Closing Session</b> 6:00 - 8:00 pm	
6:45 PM					
7:00 PM					
7:15 PM					
7:30 PM					
7:45 PM					
8:00 PM	Break	Break	Break	Break	
8:15 PM					
8:30 PM	<b>Evening Meditation</b>	<b>Evening Meditation</b>	<b>Evening Meditation</b>		
8:45 PM				<b>Evening Meditation &amp; Bonfire</b>	
9:00 PM	Free Time	Free Time	Free Time		
9:30 PM					