

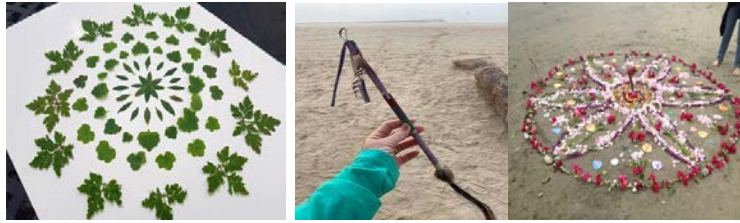


## ITINERARY

### DAY ONE Sunday 28<sup>th</sup> March 2021

8.30am	Arrival , check in and bag drop
9.00 am	Intro / retreat overview on the lawn
9.15 am	Site orientation/ meeting points for activities
9.30 am	Circle in the sand – heart awareness breath / set intentions For the retreat Talking stick exercise - introduce yourself / your intentions
10.15 am	Where you are now – Peak-Ometer exercise Power of Three rocks/ gift bag
10.30am	How to boost your emotional fitness session
11.15 am	Swim /Floating meditation
11.45	Barefoot Wisdom beach walk tapping into your senses
12.30/12.45	Check into tents
12.45	Shower / Freshen up
1.00 pm	Lunch at 28 Restaurant

2.15 pm Create a natural mandala and/ or make your own talking Stick.



4.00 pm Journaling/self-reflection

4.30 pm Strengthen & Stretch with Taggy ( Taghrid Khoury)

5.15 pm Guided meditation – Letting go !

6.30 pm Soup/ dinner around the fire pit

8.00 pm Sound healing with Vera



9.00 pm Chill / tent time / bedtime ☺

### DAY TWO- Monday 29<sup>th</sup> March 2021

7.00 am Meditation on the rocks  
Chakra tuner – energize your 7 chakra's  
Followed by a Swim, walk or Seven's Interval Training & Shower!

8.15 am Breakfast

9.15- 10am	The Art of Calm – Relaxation through the 5 senses Creating a stress survival kit
10.15	Heritage Walk
12.30.	Mindful Spiral Walk on the beach
1.15pm	Lunch / chill
2.30 pm	Self-awareness session. Thrive with your signature strengths
3.15 pm	Swim , kayak , or simply chill
4.00 pm	Self-awareness session How to boost your Mental Fitness
4.45 pm	Free time
6.15 pm	Dinner at 28 Restaurant
7. 30 pm	Fire Pit stories 😊

### DAY THREE - Tuesday 30<sup>th</sup> March 2021

7.00 am	Meditation on the rocks Chakra tuner / energizer 30 min Swim, Walk or Seven's Shower off
8.15 am	Breakfast – own choice
9.15	CSR element – Making a Difference
10.00	Retreat review , commitment to a plan, moving forward Staying connected / accountability partners
11am	Prepare for check out at 12 noon

12 noon

Check out

Stay for lunch/ stay for the afternoon / stay additional nights

See you at the beach 😊

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