

# SOLAR SPRINGS RETREAT SCHEDULE

Wellness Program By Brooke Brash

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONNECT TO SELF	7.15AM	VINYASA YOGA ROOT CHAKRA	VINYASA YOGA SACRAL CHAKRA	VINYASA YOGA SOLAR PLEXUS	VINYASA YOGA HEART CHAKRA	VINYASA YOGA THROAT CHAKRA	VINYASA YOGA THIRD EYE	VINYASA YOGA CROWN CHAKRA
	8.30AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
CONNECT TO NATURE	9.30AM	CONSCIOUS HIKE	CONSCIOUS HIKE	CONSCIOUS HIKE	CONSCIOUS HIKE	CONSCIOUS HIKE	CONSCIOUS HIKE	CONSCIOUS HIKE
HEALTH CLUB AQUA	11.30AM	FREE TIME	AQUA FLOW	FREE TIME	AQUA FLOW (A) FREE TIME (B)	FREE TIME	AQUA FLOW (A) FREE TIME (B)	AQUA FLOW
	12.30PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MOVE YOUR BODY	2.30PM	PILATES	FUNCTIONAL MOVEMENT	PILATES	BARRE (A) STRENGTH TRAINING (B)	PILATES	BODY GROOVE (A) STRENGTH TRAINING (B)	BALLET BURN (A) CHA CHA (B)
IGNITE YOUR SPIRIT	3.30PM	UNDERSTANDING STRESS TALK	SELF-CARE MASSAGE	GUIDED JOURNALING	SELF- EXPRESSION WORKSHOP	ART THERAPY	GUEST (A) FREE WRITING (B)	CREATIVE SPIRIT TALK (A) POTTERY (B)
	4.30PM	AFTERNOON TREAT & FREE TIME FOR GYM, SAUNA, STEAM, SPA, PRIVATE CONSULTATIONS, DAY SPA						
	6.30PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
STILL YOUR MIND	8.15PM	FREE TIME	YIN & YOGA NIDRA	SOUND HEALING	SOUND HEALING	MELLOW MOVEMENT	MEDITATION	YIN & CHAKRA BALANCING MEDITATION