

SOLAR SPRINGS RETREAT SCHEDULE

Wellness Program Sample 2020

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7.15AM	YIN YOGA	STRETCH	MORNING STROLL	VINYASA YOGA	STRETCH	YOGA	VINYASA YOGA/STRETCH
	8.30AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	9.30AM	BUSHWALK	BUSHWALK	BUSHWALK	CONSCIOUS HIKE	CONSCIOUS HIKE	CONSCIOUS HIKE	BUSHWALK
	11.30AM	GUIDED JOURNALING	AQUAFIT	FENCERCISE	FREE TIME- TENNIS/BIKES	FREE TIME- TENNIS/BIKES	FREE WRITING SESSION	AQUAFIT
	12.30PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	2.30PM	TALK-HEALTH & WELLBEING	CORE STRENGTH	SELF-EXPRESSION	AQUAFIT	FENCERCISE	SELF-CARE MASSAGE	ART NATURE
	3.30PM	PILATES	HIIT	YOGA	BALLET BURN/CHA CHA	MINDFUL MOVEMENT	FITNESS CLASS	PIANO CHILL
	4.30PM	AFTERNOON TREAT & FREE TIME FOR GYM, SAUNA, STEAM, SPA, PRIVATE CONSULTATIONS, DAY SPA						
	6.30PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
	8.15PM	MEDITATION	FREE TIME BOARDGAMES/ STARGAZING	SOUND HEALING	FREE TIME BOARDGAMES/ STARGAZING	MEDITATION	MELLOW MOVEMENT	FREE TIME BOARDGAMES/ STARGAZING