

# Women's Wellness Retreat 2024

## Sample Schedule



### Friday, December 6th

- Arrival/check in
- Dinner
- After dinner: Orientation/sharing circle/introductions

### Saturday, December 7th

- **7:30-8AM:** Meditation
- **8-9AM:** Yoga
- **9-10AM:** Breakfast
- **10-11:30AM/12PM:** Herbal remedies and teas for nourishing the nervous system and increasing vitality
- **12-1PM:** Lunch
- **1-3PM:** Break
- **3-5PM:** Ancient beauty rituals with organic ingredients - self love rituals that melt stress and anxiety and leave the skin smooth and supple.
- **5:30 - 6:30PM:** Dinner
- **7-9PM:** Relaxing yoga nidra restful relaxation

### Sunday, December 8th

- **7:30-8AM:** Heart centered meditation
- **8-9AM:** Yoga
- **9-10AM:** Brunch
- **10-11AM:** Inner alchemy exercises and breath work to cultivate energy and self regulate the nervous system. Learn tools to rest in ease and relaxation.
- **11-12PM:** Closing/Sharing circle