3 Day Wellness Retreat Agenda and What's Included

What's Included:

- Daily guided meditation
- All meals included (2 breakfasts, 2 dinners, 1 lunch)
- 24-hour access to our coffee, tea, and hot chocolate bar
- Journal and vision board supplies
- Free Wi-Fi and onsite parking
- Access to amenities: hot tub, sauna, fire pit

Retreat Agenda:

Day One

- 3:00 PM – Check-in
- 5:30 PM – Welcome Gathering
- 6:00 PM – Dinner
- 7:30 PM – Introduction to Journaling

Day Two

- 8:00 AM – Breakfast
- 9:00 AM – Guided Meditation
- 10:00 AM – Vision Board Workshop
- 12:30 PM – Lunch
- 1:30 PM – Stress Reduction Activity
- 2:00 PM – Self-Directed Time (relaxation, amenities, or reflection)
- 6:00 PM – Dinner
- 7:30 PM – Group Activity

Day Three

- 8:00 AM – Breakfast
- 9:00 AM – Guided Meditation
- 10:00 AM – Vision Board Completion
- 11:30 AM – Checkout