Agenda and What to expect: 4-Day Wellness Retreat

What's Included:

- Daily meditation
- Guided journaling session
- Vision board creation with supplies
- All meals (including tea tasting & light dinner)
- 24-hour coffee/tea/hot chocolate bar
- Free Wi-Fi and on-site parking
- Use of hot tub, sauna, fire pit
- Journal book provided
- Optional holistic/chakra sessions (additional fee)

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 – Meditation
- 10:00 AM – Vision Board Creation
- 12:30 PM – Lunch
- 1:30 PM – Stress-Reducing Activity
- 2:00 PM – Self-Directed Time
- 6:00 PM – Dinner
- 7:30 PM – Group Activity

Day Three (Newly Added Day):

- 8:00 AM – Breakfast
- 9:00 AM – Meditation
- 10:00 AM – 2:00 PM – Free time to explore the area, visit a nearby salt cave, journal, read, or schedule a private holistic or chakra treatment
  (A list of services and appointment times will be included in your confirmation email.)
- 2:30 PM – Gentle Yoga
- 3:30 PM – Tea Tasting with Sweet and Savory Selections
- 6:30 PM – Light Dinner

- 8:00 PM – Group Games

Day Four:

- 8:00 AM – Breakfast
- 9:00 AM – Meditation
- 10:00 AM – Finalize Vision Boards & Closing Reflections
- 11:30 AM – Check-out