



ITINERARY

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SATURDAY 17TH JANUARY

- 10:15 Arrival Tea & Coffee
- 10:45 Dynamic Yoga Class
- 12:15 2 Course Lunch
- 13:00 Mindful Walk or Meditation (*weather dependent*)
- 13:30 Creative Vision Board Workshop
- 15:45 Refreshment Break
- 16:00 Gentle Yoga
- 17:15 Guests Depart