



## Wellness retreat What's on

9.30 - 10.00 Meet and Greet

10.00 - 10.30 Ashtanga Yoga practice

15 minutes refreshment break

10.45 -11.15 Breathing & Mindfulness Meditation session

11.15 - 12.15 Intention Setting Art workshop

12.30 13.30 Lunch Break

13.45 - 14.45 Mindfulness Walk

15 minutes refreshment break

15.00 - 16.00 Hatha yoga & Yoga Nidra meditation

Till 16.30 Wrap up and Departure