

Indulge Spa & Wellness Retreat - Three Day Programme

	Early Morning Sessions			Morning Sessions			Mid Morning Sessions	
	7.00 am	7.15 am	8.00 am	8.45 am	9.30 am	10.30 am	11.15 am	12.00 noon
Sun								
Mon	Walk	Body Percussion Move & Groove	BreakFast	Activity "Feldenkrais Theory & Practice"	Seminar: "Setting Goals for your Future"	Morning Tea	Seminar "Realising Your Full Potential" Part 1	Activity Fun Fitness
	Vineyard/Garden	Instructor	Café	Instructor	NLP Practitioners	NLP Practitioners	Café	Fitness Instructor
Tue	Walk	Yoga	BreakFast	Activity "Why Move & Principles of Training"	Seminar "Food For Life" Part 1	Morning Tea	Activity Cardio Box	Seminar "Developing and Immunity to Stress" Part 1
	Vineyard/Garden	Instructor	Café	Instructor	Naturopath	Café	Instructor	Naturopath
Wed	Walk	Tai Chi	Breakfast	Huna Breathing	Seminar "Developing an Immunity to Stress Part 2"	Morning Tea & Return to Rooms to Collect Bags & Checkout	Cooking Demonstration	Seminar "Transform Your Habits & Your Life Part 1"
Days	Vineyard/Garden	Instructor	Café	Practitioner	NLP Practitioners	Café	Chef	NLP Practitioners

Please Note: All Workshops and Activities Subject to Change

Days	Fitness	Spiritual - Energy	Meals	Check In	Life Balance	Location/Pract.	Health & Vitality	Check Out
------	---------	--------------------	-------	----------	--------------	-----------------	-------------------	-----------

		Afternoon Sessions		Mid Afternoon Sessions		Evening Sessions	
	1.00 pm	2.00 pm	3.00 pm	Afternoon Tea (Daily)	4.00pm-6.30pm	7.00pm-9.00pm	9.00pm-10.30pm
		Check In & Afternoon Tea Naturopathic, NLP & Fitness Consultations				Mocktails, Orientation , Dinner	Chill Out Sleepy Time Massages, Meditation, Music and Movies or bed
		Naturopath, NLP Practitioner and Personal Trainer				Café	
Monday	Lunch	Seminar "Realising Your Full Potential" Part 2	Indulge Time - Spa Treatments, One on One Consultations (Extra Charges), Socialising, Rest and Reading			Mocktails, Dinner	
Café	Café	NLP Practitioners	Spa Therapists, NLP, Naturopath and Personal Trainer			Café	
Tuesday	Lunch	Seminar: "Food For Life Part 2"	Indulge Time - Spa Treatments, One on One Consultations (Extra Charges), Socialising, Rest and Reading			Mocktails, Dinner	
Café	Café	Naturopath	Spa Therapists, NLP, Naturopath and Personal Trainer			Café	
Wednesday	Lunch	Seminar "Transform Your Habits & Your Life Part 2"	Farewell to 3 Day Programme Participants				
Days	Café	NLP Practitioners	All				

Days	Meals	Life Balance	Spa /Relaxation/Free Time	Location/Pract.	Check In	Check Out
------	-------	--------------	---------------------------	-----------------	----------	-----------