

	Early Morning Sessions		Morning Sessions			Mid Morning Sessions		
Days	7.00 am	7.15 am	8.00 am	8.45 am	9.30 am	10.30 am	11.15 am	12.00 pm
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	Practitioner	NLP Practitioners	Café	NLP Practitioners	Instructor
Tue	Walk	Yoga	BreakFast	Seminar 'Why Move' & 'Principles of Training'	Seminar 'Food For Life' Part 1	Morning Tea	Activity Cardio Box	Seminar "Developing an Immunity to Stress" Part 1
	Vineyard/Garden	Instructor	Café	Instructor	Nutritionist	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
	Vineyard/Garden	Instructor	Café	Instructor	NLP Practitioners	Host/Office	Chef	NLP Practitioner
Thu	Walk	Tai Chi	Breakfast	Seminar: The Perfect Skin	How to give the Perfect Facial	Morning Tea	Intense Meditation Session using different styles	
	Vineyard/Garden	Instructor	Cafe	Beauty Therapist	Beauty Therapist	Café	Instructor	
Fri	Walk	Body Combat (Martial Arts)	Breakfast	Long Walk - Warbuton Trail			Check out for Day Five Participants	Workshop "Sleep"
	Vineyard/Garden	Instructor	Café	Warbuton Trail Healesville/Fitness Instructor			Reception	Naturopath
Health & Vitality	Fitness	Spiritual	Meals	Relaxation	Life Balance	Practitioner	Check In/Check Out	Health & Vitality

	Afternoon Sessions		Mid Afternoon Sessions		Evening Sessions	
Days	1.00 pm	2.00 pm	3.00 pm to 6.30 pm		7.00 pm to 9.00 pm	9.00pm-10.30pm
Sunday		Check In & Afternoon Tea Naturopathic, NLP & Fitness Consults			Mocktails,Orientation, Dinner	<b>Chill Out</b> Sleepy Time Massages, Meditation, Movies and Music or bedtime
		Conference Room			Restaurant	
Mon	Lunch	Seminar "Realising Your Full Potential" Part 2	<b>Indulge Time</b> - Spa Treatments, One on One Consultations (Extra Charges), Socialising, Rest and Reading - Afternoon Tea		Mocktails, Dinner	
	Café	NLP Practitioners	Spa Therapists,NLP, Naturopath and Fitness Instructor		Restaurant	
Tue	Lunch	Seminar "Food for Life" Part 2	<b>Indulge Time</b> - Spa Treatments, One on One Consultations (Extra Charges), Socialising, Rest and Reading - Afternoon Tea		Mocktails, Dinner	
	Café	Nutritionist	Spa Therapists,NLP, Naturopath and Fitness Instructor		Restaurant	
Wed	Lunch	Seminar ' Transform Your Habits & Your Life' Part 2	Farewell to Day 3 Participants	<b>Indulge Time</b> - Spa Treatments, One on One Consultations (Extra Charges), Socialising, Rest and Reading - Afternoon Tea	Mocktails, Dinner	
	Café	NLP Practitioners	Reception	Spa Therapists,NLP, Naturopath and Fitness Instructor	Restaurant	
Thur	Lunch	Cooking Demonstration	<b>Indulge Time</b> - Spa Treatments, One on One Consultations (Extra Charges), Socialising, Rest and Reading		Mocktails, Dinner	
	Café	Chef	Spa Therapists, NLP, Naturopath or Fitness Instructor		Restaurant	
Fri	Lunch	Farewell to 5 Day Participants				
	Café	Host				
Days	Meals	Health & Vitality	Spa & Relaxation	Life Balance	Location/Practitioner	Check In/Check Out