



INDULGE Spa Retreat

	Week End Program		Weekend Retreats				Afternoon	Sessions	Mid Afternoon Sessions	Evening Sessions		
	Morning Sessions											
	7.00 am	7.15 am	8.00 am	8.45 am	10.00 am	10.30am	12.30 pm	2.00 pm	3.00 pm to 6.00 pm	7.00pm	7.30 pm	10.00 pm
Friday	[Black Box]							Check In and Afternoon Tea	Indulge Time - Spa Treatments, One on One Consultations (Extra Charges), Socialising, Rest and Reading	Mocktails	Dinner	Chill Out Time
								Host, NLP, Naturopath, Fitness Trainer	Restaurant	Restaurant		
Saturday	Walk	Yoga/Tai Chi	BreakFast	Learn Swedish Massage	Morning Tea	Seminar: Making Relationships Work	Lunch	Quick Healthy Dinners for Busy People	Indulge Time - Spa Treatments, One on One Consultations (Extra Charges), Socialising, Rest and Reading	Mocktails	Dinner	
	Gardens	Instructor	Café	Massage Therapists	Café	NLP Practitioner	Café	Naturopath/Chef	Spa and Games Room	Restaurant	Restaurant	
Sunday	Sleep In			Breakfast	Sizzle with Latin Dance Class	Check Out Weekend Retreat Guests	Lunch	[Black Box]				
	Accommodation Suites			Café	Dance Instructors	Reception	Café					

Please Note: All Workshops and Activities Subject to Change

Days	Physical Activity	Spiritual/Flexibility	Meals	Health and Vitality	Location of Events/Pract.	Check In/Check Out	Life Balance	Meals	Health & Vitality	Spa & Relaxation	Location of Events	Check In/Check Out
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