

Embrace Retreat

SCHEDULE

Saturday 29th June

- Welcome session followed by dynamic morning pilates
- Group session - Living through change – how it affects us and what we can do to help ourselves
- Mountain walk with packed lunch
- Free time - journaling time
- Dinner at the farmhouse
- Mindful movement and relaxation session

Sunday 30th June

- Morning Pilates session followed by breakfast at the farmhouse
- Group session - overview of Midlife MOT - sleep, nutrition, exercise and stress management
- Lunch at the farmhouse
- Group session - habits - how to change them - how to build your bulletproof healthy routines. How to move forward
- Sauna session - time to relax
- Mindful session and closing circle