



Yoga and Meditation Retreat with Marnie Yoga @ The Tree Relaxation Retreat

DAILY ITINERARY

Friday

4:00pm	Arrivals, room allocation, settle in
5:15pm - 6:45pm	Untangle with a Chi-Kung followed by gentle Yoga with relaxation
7:00pm	Dinner
8:30pm	'Welcome to the Tree' chat hosted by staff

Saturday

6:30am - 7:00am	Guided breathing and meditation practice
7:15am - 8:45am	Chi-Kung and energizing Yoga with relaxation
9:00am	Breakfast
Self care time	Chill time part 1: take a walk, sit in the garden, read a book, chat with a friend, soak in the hot tub, relax in the sauna, or even have a nap!
1:00pm	Lunch
3:00pm	Help yourself to afternoon tea
5:00pm - 6:45pm	Stretchy and strong Yoga with Yoga Nidra for deep relaxation
7:00pm	Dinner

Sunday

6:30am - 7:00am	Guided breathing and meditation practice
7:15am - 8:45am	Chi-Kung and energizing Yoga with relaxation
9:00am	Breakfast
Self care time	Chill time part 2!
1:00pm	The Tree Sunday lunch
2:00pm	Check out, farewells and depart

