

Retreat Schedule



HOLY MAMA

DAILY OVERVIEW

7:00 to 8:30

WAKE UP, SELF-SERVE BREAKFAST

8:30 to 9:00

CARERS ARRIVE TO SET UP KIDS AREA
HAND-OVER OF CHILDREN AT 09:00

9:15

YOGA FOR MAMAS

11:00/11.15

MAMAS BRUNCH AND CONNECTION
MASSAGES AND TREATMENTS

12:45 to 13:00

CHILDREN RETURN TO MAMAS

12:45

KIDS LUNCH

13:15- 18.00

POOL & FOREST BATHING
ISLAND EXPLORATION TIME

18:00 · 19:00

DINNER

WEEKLY OVERVIEW

SUNDAY 19.00 - 20.00

ANCESTRAL WISDOM WALK

MONDAY 09:15 - 10.00

OPENING CIRCLE THEN MUMS YOGA

MONDAY AND THURSDAY 19.00

KIDS YOGA/SONG CIRCLE

TUESDAY 20:45

MOTHER CIRCLE
CACAO CEREMONY

FRIDAY 10:45- 13:00

CLOSING CIRCLE
BUSINESS NETWORKING LUNCH
FEMALE LEADERSHIP