

FLOW

— LUXURY RETREATS —

Revitalize Retreat Itinerary

Day 1 – Arrival Day

Guest arrival (Check in is available from 2pm)

Healthy snacks will be available throughout the afternoon

Relaxation time

5.00pm - Yin yoga session

7.00pm - Welcome dinner

Day 2

6.30am - Meditation

7am - Flow yoga

9.00am - Breakfast

Relaxation time/ activity/ spa treatment

12.30pm - Lunch

Relaxation time/ activity/ spa treatment

5.00pm - Yin yoga

7.00pm - Dinner

Day 3

6.30am - Meditation

7am - Flow yoga

9.00am - Breakfast

Relaxation time/ activity/ spa treatment

12.30pm - Lunch

Relaxation time/ activity/ spa treatment

5.00pm - Yin yoga

7.00pm - Dinner

Day 4 – Departure Day

6.30am - Meditation

7am - Flow yoga

9.00am - Breakfast

Relaxation time/ activity/ spa treatment

12.00pm - Checkout