

INSIDE OUT BABY-BOOMERS WELLNESS RETREAT TIMETABLE

TEMPLEHALL HOTEL, Wednesday 17th – Friday 19th April 2024

Provisional timetable, subject to change. All activities are included and optional.

Wednesday	Thursday	Friday
	8am Pilates with relaxation mediation	8am Coached running / walking session Dip in the river!
	9am Breakfast	9.30am Breakfast
11am Welcome and programme outline Energising Fitness Workout	10.15am Hike in the hills	10.30am “Herbs for Health” Workshop 11.30am – 1pm 1:1 Transformation sessions / hairstyle / massages / chill time
1.30pm Lunch	12.30pm “Cook-a-long lunch” with Nutritionist Ian	1pm Lunch
2.15 – 5.15pm Settle in and unpack 1:1 Transformation sessions / hairstyle / massages / chill time	2pm <i>Nutrition Learning Workshop</i> 2.45pm Circuit Training	1.45 – 2.45pm “Yoga and Breath-work session” 2.45pm – 3.30pm 1:1 Transformation sessions / hairstyle / massages /
5.30pm <i>“Take Control” mindset workshop</i>	3.30pm – 6.30pm 1:1 Transformation sessions / hairstyle / massages / chill time	3.30 -4pm Group evaluation session, goodbyes and departure
7pm Dinner	7.30pm Dinner	
	8.30 – 10pm Celebration of Life evening	