



## Energising Relaxation Break Plan

Friday		Holistic Therapy appointments	Saturday	Holistic Therapy appointments	Sunday	Monday
<b>Arrive from 5pm</b>			Wake up exercise, walking or Tai Chi		Wake up exercise, walking or Tai Chi	Wake up exercise, walking or Tai Chi
		9am	Breakfast, showers & dressed	9am	Breakfast, showers & dressed	Breakfast, showers & dressed, packing and clear up!
			<b>Workshop</b> Resilience		<b>Workshop</b> Visions, aims, setting goals	<b>Travel home to enjoy the rejuvenated you!</b>
		1pm	Lunch & lounge	1pm	Lunch & lounge	
			<b>Workshop</b> Wellbeing/ Self-care	3pm	<b>Workshop</b> Manifestation Craft	
	5pm-7pm	4pm	Time to relax	4pm	Time to relax, Change & get party ready	
	6pm	Evening meal & social time	5pm			
7pm-9pm	7pm	<b>Workshop</b> Tropic skincare		Festival themed party, evening meal, face painting demo & practice, cocktails, games, music, relax and social time, hot tub if you brave the cold!		
9pm-10:30pm		Change into comfies/PJ's, relax and social time	6pm-late			
10:30pm-11pm		Guided relaxation/ meditation session				

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