



## WARRIOR RESET RETREAT

### Muskoka Soul – Cliff Bay

Lake Muskoka, Ontario, Canada *January 9 - 12, 2020*

Day	Activity
Friday	<ul style="list-style-type: none"> <li>● Welcome tea and snack</li> <li>● Yin Restorative with meditation</li> <li>● Dinner</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>● Morning Detox beverage</li> <li>● Light pre-yoga breakfast</li> <li>● Yoga Flow</li> <li>● Yin Restorative &amp; Meditation</li> <li>● Lunch</li> <li>● Free time to hike, read a book or book a spa service</li> <li>● Afternoon tea with snacks</li> <li>● Fireside chat with Laurie McPhail, Holistic Nutritionist – “What Detoxification Really Means”</li> <li>● Dinner</li> </ul>
Sunday	<ul style="list-style-type: none"> <li>● Morning Detox beverage</li> <li>● Light pre-yoga breakfast</li> <li>● Yoga Flow</li> <li>● Yin Restorative &amp; Meditation</li> <li>● Lunch</li> <li>● Group snowshoeing</li> <li>● Afternoon tea with snacks</li> <li>● Free time to book a spa service</li> <li>● Dinner</li> <li>● Fireside chat with Laurie McPhail, Holistic Nutritionist – “What is Intermittent Fasting and How might it Be of Benefit to you”</li> </ul>
Monday	<ul style="list-style-type: none"> <li>● Morning Detox beverage</li> <li>● Light pre-yoga breakfast</li> <li>● Yoga Flow</li> <li>● Yin Restorative &amp; Meditation</li> <li>● Take away snack for the journey home</li> </ul>

