



KARE *Retreat*

PROGRAM

DAY 1 - THURSDAY, November 28th

9:00 AM *Check in* - Unpack, unwind, familiarise yourself in your home for the next 4 days.

Relax by the pool, say Hi to Ai your Nutritionist and Dietitian

9-11.30pm : Meet with Ai for your 1 on 1 consultation (30 mins)

12:30 PM Meal - Nourishing Lunch

1:00 PM *Time to Immerse Yourself Goddess!*

(Participants can take time after this Welcome session for acquainting themselves with space, schedule, unpack, etc.)

4:00 PM SESSION 1 (*Physical*)

Yin Yang Flow Yoga

6:30 PM Meal - Welcome Dinner.

7:30 PM SESSION 2 (*Spiritual*)

Women's Circle opening ceremony.

9:00 PM Rest and rejuvenate

12:00 AM Quiet Hours (*lights out 11 PM to 7 AM*). Beauty sleep.





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DAY 2 - FRIDAY, November 29th

7:30 AM SESSION 1 (*Spiritual*)

BEACH Mindful Meditation

8:30 AM Nourishing light snack

9:00 AM SESSION 2 (*Physical*)

BEACH Workout

10:30 AM Meal - Nourishing Breakfast

11:00 AM SESSION 3 (*Physically, Mentally and Spiritually Nourishing*)

Workshop by our Nutritionist/Dietitian

12:30 PM Meal - Nourishing Lunch

1:00 PM SESSION 4 (*mental*)

Rest and Rejuvenate or
Optional activity from our Menu.

2:30 PM SESSION 5 (*mental*)

Optional activity from our Menu.

Physical

4:00 PM SESSION 6 (*Physical*)

Hatha Yoga

6:30 PM Meal - Nurturing dinner

Spiritual

7:30 PM SESSION 7 (*Spiritual*)

Sound Healing Therapy

19:00 PM Rest and rejuvenate

12:00 AM Quiet Hours (lights out 11 PM to 7 AM). Beauty sleep.





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DAY 3 - SATURDAY, November 30th

7:30 AM SESSION 1 (*Spiritual*)

DanFlow Yoga

8:30 AM Nourishing light snack

9:00 AM SESSION 2 (*Physical*)

Workout session

10:30 AM Meal - Nourishing Breakfast

11:00 AM SESSION 3 (*Physically, Mentally and Spiritually Nourishing*)

Workshop by our Nutritionist/Dietitian

12:30 PM Meal - Nourishing Lunch

1:00 PM SESSION 4 (*Mental*)

Rest and Rejuvenate or
Optional activity from our Menu.

2:30 PM SESSION 5 (*Mental*)

Optional activity from our Menu

4:00 PM SESSION 6 (*Physical*)

"The Moves" Dance Cardio Workout

6:30 PM Meal - Glam Dinner LET'S GO OUT! (Set dinner by venue).

7:30 PM SESSION 7 (*Spiritual*)

Nada Yoga

Sound chanting and gazing meditation.

19:00 PM Rest and rejuvenate

12:00 AM Quiet Hours (lights out 11 PM to 7 AM). Beauty sleep.





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DAY 4 - SUNDAY, December 1st

7:30 AM SESSION 1 (*Spiritual*)

BEACH Mindful Meditation

8:30 AM Nourishing Light snack

9:00 AM SESSION 2 (*Physical*)

BEACH Workout

10:30 AM Meal - Nourishing Breakfast

11:00 AM SESSION 3 (*Physically, Mentally and Spiritually Nourishing*) Mandala Painting

12:30 PM Meal - Nourishing Lunch + Workshop by our Nutritionist/Dietitian

1:00 PM SESSION 4 (*mental*)

Rest and Rejuvenate or
Optional activity from our Menu.
Optional activity from our Menu.

2:30 PM SESSION 5 (*mental*)

4:00 PM SESSION 6 (*Physical*)

Aqua Swim

6:30 PM Meal - Farewell dinner.

7:30 PM SESSION 7 (*Spiritual*)

Women's Circle closing ceremony.





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DEPARTURE DAY - MONDAY, December 2nd

7:30 AM SESSION 1 (*Spiritual*)

Morning Meditation

8:30 AM Meal - Light nourishing snack.

9:00 AM SESSION 2 (*Physical*)

Workout session

10:00 AM Meal - Breakfast and departure.

