



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.





PROGRAM

DAY 2 - FRIDAY, November 29th

7:30 AM	SESSION 1 (<i>Spiritual</i>)	BEACH Mindful Meditation
8:30 AM	Nourishing light snack	
9:00 AM	SESSION 2 (<i>Physical</i>)	BEACH Workout
10:30 AM	Meal - Nourishing Breakfast	
11:00 AM	SESSION 3 (<i>Physically, Mentally and Spiritually Nourishing</i>) Workshop by our Nutritionist/Dietitian	
12:30 PM	Meal - Nourishing Lunch	
1:00 PM	SESSION 4 (<i>Mental</i>)	Rest and Rejuvenate or Optional activity from our Menu.
2:30 PM	SESSION 5 (<i>Mental</i>)	Optional activity from our Menu.
	<i>Physical</i>	
4:00 PM	SESSION 6 (<i>Physical</i>)	Hatha Yoga
6:30 PM	Meal - Nurturing dinner	
7:30 PM	SESSION 7 (<i>Spiritual</i>)	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.





PROGRAM

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.
- 2:30 PM

SESSION 5 *(Mental)*

Optional activity from our Menu.
- 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.

