

Fabry Australia Retreat 2018 Program

Moama on Murray, 69 Dungul Way Moama

Friday 14th September 2018

Time	Activity	Venue
2.30	Arrive Moama – check in	Moama on Murray
2.30-4.30	Free time – rest, afternoon, retail therapy, browse in Echuca / Moama	
6.30	Dinner – Cooking class demonstration	Unit #91
8.00	Relax by the campfire	Campfire

Saturday 15th September 2018

Time	Activity	Venue
8.30-9.30	Breakfast	Rosie Train Carriage.
9.30-10.00	Yoga (30 minutes)	Outdoor near 'Rosie'. Marquee if wet.
10.00	Morning tea	Rosie Train Carriage
11.00-12.30	Drumming workshop	Outdoor near 'Rosie'. Marquee if wet.
12.30 – 1.30	Lunch	Rosie Train Carriage.
1.30	Pamper Session - Manicures/pedicures - Free time	Rosie Train Carriage.
3.00	Afternoon tea	Rosie Train Carriage
5.00pm – cruise	Dinner Cruise Cruise down the Murray River on a traditional Paddle Steamer Pre-dinner drinks and dinner provided	Hero launch, 'Onion patch' on Murray River.

Sunday 16th September 2018

Time	Activity	Venue
8.00-9.00	Breakfast	Rosie Train Carriage.
9.30-10.30	Tai Chi	Outdoor near 'Rosie'. Marquee if wet.
10.30	Morning tea	Rosie Train Carriage
11.00-12.30	Fabry Australia Patient Meeting/ AGM	Rosie Train Carriage
12.30-1.30	Lunch	Rosie Train Carriage.
2pm	Depart	

Please note | The Program is subject to change without notice.