

MIND BODY GORGEOUS

WELLNESS RETREAT WITH SOPHIE ULIANO

RETREAT ITINERARY

Days	Activity
APRIL 15: Arrival Day	
4:00 PM – 6:30 PM	Arrival and check-in
7:30 PM – 9:00 PM	Welcome Reception – small snacks, drinks and welcome with Sophie Uliano
APRIL 16	
7:15 AM – 7:30 AM	Morning Smoothie
7:30 AM – 9:00 AM	Group Yoga & Meditation Class with Sophie Uliano
9:00 AM – 10:00 AM	Healthy Group Breakfast with Sophie Uliano
10:00 AM – 12:00 PM	<p>Workshop with Sophie Uliano</p> <p>Most of us need to press that reset button at least once a year. We want a fresh start, and spring is the perfect time to clean the slate, and to reinvigorate our wellness. In this workshop, you will learn how to uncover, discover and discard many of the beliefs that might have been holding you back for years. Through meditation and journaling, you'll create a clear wellness roadmap for the beautiful journey ahead of you. In an intimate and safe group setting, you'll bond with other like-minded women. Sophie believes that resistance melts, and wellness flourishes in a secure group setting, where all feel cherished, heard, and loved. Sophie understands that when this inner work is integrated with the other aspects of wellness that you'll learn on this retreat, you'll build an unshakable foundation for the rest of your life.</p>
12:00 PM – 12:30 PM	Journaling Session (outdoor weather permitting)
12:30 PM – 3:30 PM	Lunch Voucher + Free Time
3:30 PM – 5:00 PM	Mindful Lake Shore Stroll with Sophie Uliano
5:00 PM – 6:30 PM	Group Restorative Yoga & Meditation Class with hotel instructor and Sophie Uliano
7:30 PM – 9:30 PM	Group dinner, informal Q&A and evening group activity with Sophie Uliano
APRIL 17	

7:15 AM – 7:30 AM	Morning Smoothie
7:30 AM – 9:00 AM	Group Yoga & Meditation Class with Sophie Uliano
9:00 AM – 10:00 AM	Healthy Group Breakfast with Sophie Uliano
10:00 AM – 12:00 PM	<p>Workshop with Sophie Uliano <i>During this workshop, you'll learn Sophie's unique Get Gorgeous methodology. With Sophie's careful guidance, you'll audit every area of your life, learning the basics of creating a personal wellness "bank account." Since health is the only true wealth, Sophie's tried and tested method will teach you the importance of making daily deposits into each of your Wellness Bank Accounts. You'll create a detailed six-week plan, which you can put into practice the day you leave the retreat. Ultimately this workshop teaches you exactly how to invest in your overall wellness a week-at-a-time.</i></p>
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7:30 PM – 9:00 PM	Group dinner, informal Q&A and evening group activity with Sophie Uliano
APRIL 18: Departure Day	
7:15 AM – 7:30 AM	Morning Smoothie
7:30 AM – 9:00 AM	Guided Yoga / Meditation with Sophie Uliano
9:00 AM – 10:00 AM	Farewell Breakfast with Sophie Uliano
10:00 AM – 11:00 AM	Send-off session with Sophie Uliano