

THE SHIFT RETREAT

WEEKEND RETREAT SAMPLE ITINERARY

Day One

12:00pm	Check-In
1:00pm	Intentions + Connection Activity
2:30pm	Free Time
3:30pm	Mental Health Workshop: <i>You Are Enough</i>
5:00pm	Family Style Dinner
7:00pm	Be Yourself Silent Disco
8:30pm	Relax + Movie Time

Day Two

7:00am	Morning Meditation
8:30am	Sunrise Beach Yoga
10:30am	Brunch
12:00pm	Mental Health Workshop: <i>Heal Within</i>
2:00pm	Free Time + Exercise Class + Facials
5:30pm	Family Style Dinner
7:00pm	Meditation + Fears in Firepit + S'mores

Day Three

7:30am	Morning Meditation
9:00am	Kayak Excursion
10:00am	Tiki Brunch
12:30pm	Free Time + Fluid Art Painting + Facials
3:00pm	Self-Love Yoga
4:00pm	Mental Health Workshop: <i>Moving Forward</i>
6:30pm	Private Chef Dinner
8:00pm	Sound Bowl Healing

Day Four

7:00am	Morning Meditation
8:00am	Special Guest: Instagram Influencer
8:30am	Takeaways + Kindness Activity
10:00am	Check Out

