

# Summer Wellness

WEEKEND RETREAT

13 - 15 JUNE 2024

GRIMSDYKE HOTEL, HARROW WEALD, UK



Friday 13 June	Saturday 14 June	Sunday 15 June
	<b>8.00 am</b> Yoga pranayama, meditation, <i>journal</i>	<b>8.00 am</b> Yoga pranayama, meditation, <i>journal</i>
	<b>10.30 am</b> Breakfast <i>Dining room/outdoors</i>	<b>10.30 am</b> Breakfast <i>Dining room/outdoors</i>
	<b>11.30 pm - 12.30 pm</b> Reflective space/Free time	<b>11.30 pm - 12.30 pm</b> Reflective space/Free time * Checkout 11.00am
	<b>12.30 pm</b> Woodland walk/Forest bathing	<b>1.30 pm</b> Lunch <i>Dining room/outdoors</i>
	<b>2.00 pm</b> Afternoon light bite <i>Dining room/outdoors</i>	<b>3.00 pm</b> Close and depart Yoga Room
	<b>2.30 pm - 4.00 pm</b> Reflective space/Free time	
<b>3.00 pm</b> Arrival and Welcome <i>Reception/welcome drinks etc</i>	<b>4.00 pm</b> Sound Bath Yurt	
<b>5.00 pm</b> Gentle stretch <i>tbc</i>	<b>6.00 pm</b> Dinner <i>Dining room/outdoors</i>	
<b>6.00 pm</b> Dinner <i>Dining room/outdoors</i>	<b>8.00 pm</b> Sunset yoga ( <i>sunset at 21.21 in June</i> ) Outdoors	
<b>7.30 pm</b> Opening circle / Yoga Nidra Yoga Room	<b>9.30 pm</b> Reflective space/Free time	
<b>8.30 pm</b> Reflective space/Free time		

\* Times of dining subject to change