

# WEEKEND ITINERARY

## THE RETREAT BY FLOW WELLNESS GROUP

26 April 2024 - 28 April 2024  
Strathpeffer, Highlands, Scotland, UK

<p><b>DAY 1</b> - <b>Friday</b> <b>26.04.2024</b> - <b>Welcome &amp; Relax</b></p>	<p><b>AFTERNOON</b></p> <ul style="list-style-type: none"><li>• <b>Arrival: Welcome the retreat by the FLOW Retreat team.</b></li><li>• <b>Welcome Drinks: Enjoy a healthy selection of welcome drinks.</b></li></ul> <p><b>EVENING</b></p> <ul style="list-style-type: none"><li>• <b>Welcome Dinner: Healthy dinner and welcome talk.</b></li><li>• <b>Icebreaker Games: Fun games to get everyone acquainted.</b></li><li>• <b>Healthy-ish cocktails: Enjoy a selection of healthy-ish cocktails.</b></li></ul> <p><i>Additional cost</i></p>
<p><b>DAY 2</b> - <b>Saturday</b> <b>27.04.2024</b> - <b>Adventure &amp; Energise</b></p>	<p><b>MORNING</b></p> <ul style="list-style-type: none"><li>• <b>Breakfast: A healthy buffet style breakfast.</b></li><li>• <b>Activity: Morning Yoga to energise your mind and body.</b></li><li>• <b>Hillwalking and wild water dip to awaken the sense.</b></li></ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"><li>• <b>Workshop: Master Your Habits.</b></li><li>• <b>Workshop: The Best Sleep You've Ever Had.</b></li></ul> <p><b>EVENING</b></p> <ul style="list-style-type: none"><li>• <b>Dinner: Healthy dinner and cooking demonstration.</b></li><li>• <b>A wee party: Drinks around the fire and socialise.</b></li></ul>
<p><b>DAY 3</b> - <b>Sunday</b> <b>28.04.2024</b> - <b>Wind Down &amp; Goodbyes</b></p>	<p><b>MORNING</b></p> <ul style="list-style-type: none"><li>• <b>Breakfast: A healthy buffet style breakfast.</b></li><li>• <b>Breathwork: Learn how to breathe properly and manage your stress.</b></li></ul> <p><b>AFTERNOON</b></p> <ul style="list-style-type: none"><li>• <b>Workshop: How to get the most out of your wellness program.</b></li><li>• <b>Reflection Time: Share favourite moments from the trip.</b></li><li>• <b>Leave us a 5 star Google review ;) *****</b></li><li>• <b>Departure: Safe travels back home!</b></li></ul>