

SWEET RETREATS

ITINERARY

FRIDAY 23RD MAY 2025

10.00am

Check in & free time to rest or explore

12.00pm

Light lunch

1.00pm

Welcoming Ceremony
On The Salt Deck with the Horses

~ Aurora Reading with Robyn Saurine

~Movement and Meditation

~ Sound Bowl Healing from Humane Yoga

5.00pm

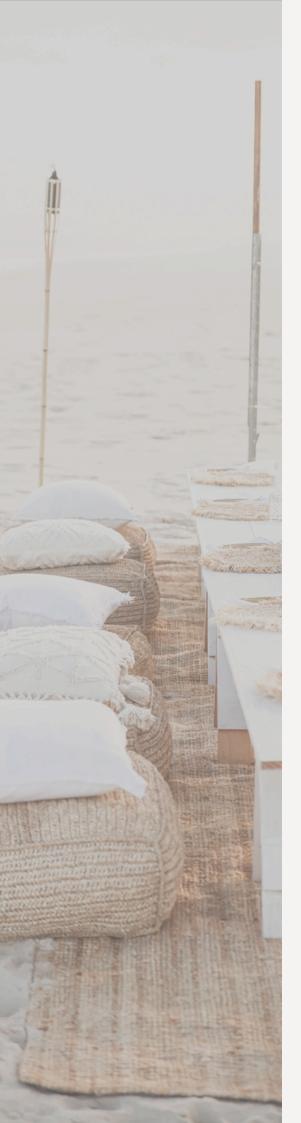
Sunset drinks at the Cabana

6.00pm

Dinner at the Pool Cabana

9.00pm

Lights out



SWEET RETREATS

ITINERARY

SATURDAY 24TH MAY 2025

6.00am

First Light Walk to beach for sunrise

6.27am

Sunrise

From 7.00am

Breakfast served at Bungalows

7.30am - 8.15am

Yoga, Breathwork & Meditation

9.00am - 11.30pm

Equine Wellbeing at the Salt Deck

11.30am - 12.30pm

Lunch Boxes and Free Time

1.00pm

Walk to CM Murphy Memorial Forest for Tree Planting

Art Therapy in the Paddock with the Horses

4.30pm

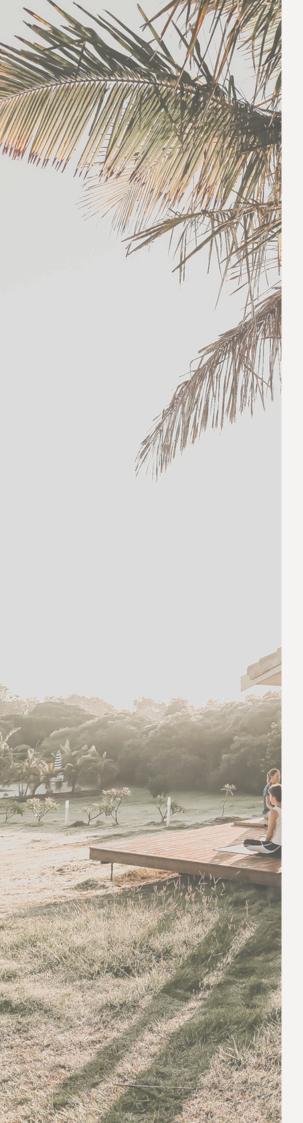
Bonfire Ceremony on the Beach

5.30pm

Formal Dinner & Drinks

9.00pm

Lights out



SWEET RETREATS

ITINERARY

SUNDAY 25TH MAY 2025

6.25am

First Light Walk to beach for sunrise beach walk

From 8.00am

Breakfast served at Bungalows

9.00am

Yoga, Breathwork & Meditation
Sandscrub and Beach Swim

11.00am

EFT Tapping Session with Kellie Shields
In Salt Deck

Dove Releases

1.00pm

Lunch in the Cabana

Closing Ceremony

Free time to pack up & say goodbye