

# 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*

*\*Times and locations are subject to change*