



SWEET RETREATS

ITINERARY

FRIDAY 27 OCTOBER 2024

10.00am

Check in & free time to rest or explore

12.00pm

Light lunch

1.00pm

Welcoming ceremony

2.00pm - 4.00pm

Yoga & Meditation

Sound Bowl Healing on the Salt Deck
With Robyn from Humane Yoga

6.00pm

Sunset drinks at the Cabana

7.00pm

Dinner at the Pool Cabana

9.00pm

Lights out



SWEET RETREATS

ITINERARY

SATURDAY 28 OCTOBER 2024

5.00am

First Light
Walk to beach for sunrise

5.15am

Sunrise

From 6.30am

Breakfast served at Bungalows

7.00am

Yoga, Breathwork & Meditation

9.00am - 11.30pm

Equine Wellbeing at the Salt Deck

11.30am - 12.30pm

Lunch Boxes and Free Time

1pm-3pm

Art Therapy in the Paddock

3.30pm

Afternoon Yoga Session

5.30pm

Bonfire Ceremony on the Beach

6.00pm

Formal Dinner & Drinks
served at sunset on the beach



SWEET RETREATS

ITINERARY

SUNDAY 28 OCTOBER 2024

5.00am

First Light
Walk to beach for sunrise

5.15am

Sunrise and Sand Scrubbing

From 6.30am

Breakfast served at Bungalows

7.30am

Yoga, Breathwork & Meditation

8.30am

Walk to CM Murphy Memorial Forest
Tree Planting & Dove Release

10.00am

Brunch in the Cabana
using Sugar Beach Ranch produce

Closing Ceremony

Free time to pack up & say goodbye