

# ARIEL'S STAYCATION WELLNESS RETREAT

November 7th - 9th, 2020

## Order of Activities

### Day 1, Saturday, 07.11.2020

- \*Check-in 9:00AM - 10:00 AM
- \*Time to UNPLUG, SETTLE-IN & JOURNAL
- \*Lunch at 12:00 PM - 1:00 PM
- \*Workshop on Wellness at 1:30PM - 4:30 PM
- \*Time to Reflect and Relax at [Swimming, Massages, Walk etc.] 4:30 PM
- \*Dinner at 6:00 PM
- \*Music Therapy [Live Music, Karaoke] at 8:00 PM.

### Day 2, Sunday, 08.11.2020

- \*Morning Exercise at 5:30 AM
- \*Breakfast at 7:30 AM
- \*Wellness Sunday Workshop at 9:00 AM - 12:00 PM
- \*RELAX! [Massage, Swimming] at 1:00 PM
- \*Coconut Bon-Fire Beach Party 1:30 PM
- \*Terrace Seafood Dinner at 7:00 PM
- \*Wellness Movie Night 8:30 PM

### Day 3, Monday, 09.11.2020

- \*Morning Walk at 5:30 AM
- \*Fruity Cereal Breakfast at 7:30 AM
- \*Nutrition / Personal Image Branding & Grooming Session 9:00 AM
- \*Rest | Swim | Play | Massages | Networking 12:00 AM
- \*Bit & Sip Sandwich Spread Lunch 1:00 PM
- \*Check-out at 2:00 PM