# WELLNESS RETREAT ITINERARY

Day 1	2pm - Arrival, registration & check-in 3pm - Vinyasa yoga session 5pm - Fresh juice break 6pm - Journalling class 7pm - Group dinner
Day 2	8am - Meditation & yoga session 10am - Fresh juice break 11am - Tai Chi 1pm - Coastal hike 6pm - Group dinner
Day 3	6am - Sunrise yoga 8am - Group breakfast 10am - Gong meditation 11am - Raw cookery class followed by lunch 2pm - Free time to enjoy retreat amenities 5pm - Group dinner
Day 4	8am - Meditation & yoga session 10am - Fresh juice break 11am - Tai Chi 1pm - Forest bathing hike 6pm - Group dinner
Day 5	9am - Restorative yoga 11am - Check-out & departure

# **Fundamentof Recreatprogram**

**AN Whitehead** 



# Fundamentof Recreatprogram Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Fundamentof Recreatprogram**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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