

# Living Harmony Retreats



## Example of retreat package (some activities and timings may vary)

Friday 6pm - Sunday 5pm

### Friday

6pm Welcome, relax over a cup of tea

7pm Dinner

8.15pm Short Guided Meditation

Chill-out and relaxation time

### Saturday

8.30 am: Guided meditation

9.15 am: Breakfast

10.30 am: Pilates or guided walk

11.30 am: Free time/ Vibrant Harmony Healing session

1pm Lunch

2.30: Vibrant Harmony Healing Session/Total Radiance Salt Bath Therapy/Free time

4.30: Beverage and snacks

5.30: Free time/ Total Radiance Salt Bath Therapy/ Consultation and Vibrant Essence preparation to take home

7.00pm: Dinner

Chill-out and relaxation time/ Total Radiance Salt Bath Therapy

# Living Harmony Retreats



## Sunday

8.30 am: Breakfast

9.30 am: Guided walk

10.30 am: Guided Meditation

11.30 am: Free time/Total Radiance Salt Bath Therapy /Vibrant Harmony Healing Session

1pm Lunch

2.30 pm: Total Radiance Salt Bath Therapy/Consultation for Vibrant Essence preparation to take home/Free time

3.00pm: Free time/ Consultation for Vibrant Essence preparation to take home.

3.30pm: Free time/ Consultation for Vibrant Essence preparation to take home.

4.30 pm Beverage and snacks

5.00 pm Finish