



Balance for Life Retreat – Sample Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk
8:15	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:00	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym
10:15	Low Impact Aerobics	Body Sculpting	Pilates (mat)	Low Impact Aerobics	Body Sculpting	Pilates (mat)	Low Impact Aerobics
11:15	Free Time	Health Lecture	Health Lecture	Health Lecture	Health Lecture	Health Lecture	Free Time
12:30 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2:00	Beach Walk, ocean time or solo in gym	Beach Walk, ocean time or solo in gym	Resistance Training in Gym	Beach Walk, ocean time or solo in gym	Resistance Training in Gym	Shop Smart Field Trip to Supermarket	Beach Walk, ocean time or solo in gym
3:00	Gentle Body Sculpting	Low Impact Aerobics	Tai Chi, Qi-Gong Longevity Breathing	SOS Recipes: Plant Based Food Prep	Tai Chi, Qi-Gong Longevity Breathing	Shop Smart Field Trip to Supermarket	Body Sculpting
4:00	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation
5:30	DINNER	DINNER	DINNER	DINNER	DINNER:	DINNER	DINNER
7:15	Health Movie:	Health Movie:	Mindfulness Breathing & Meditation	Special Guest Wellness Lecture	Special Guest Wellness Lecture	Health Movie:	Health Movie