

RETREAT PROGRAMME

MOVE your BODY | REST your MIND | FEED your SOUL

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	YOGA FLOW TO RISE & INTENTION SETTING	BREAKFAST	MORNING YOGA & MEDITATION	BREAKFAST	MORNING YOGA & MEDITATION	MORNING YOGA & MEDITATION	SLEEP :-)
9:00 AM	BREAKFAST	PCV - CARDIO & STRENGTH CIRCUIT in the forest	BREAKFAST	MOUNTAIN HIKE	BREAKFAST	BREAKFAST	BREAKFAST
10:00 AM	MOUNTAIN HIKE		Drive to CHAMPEX LAC for a gentle HIKE along the Bisse river towards Val d'Arpette	Hike the Bisse stream above Verbier. Climb to the Chute de Bisse and along to Planards, before the descent. Covering roughly 15km & 500m elevation	MOUNTAIN HIKE	PCV - CARDIO & STRENGTH CIRCUIT in the forest	Goodbyes & chalet departure.
11:00 AM	Ruinettes to Cabane Mont Fort loop (9.4km & 290m)	MOUNTAIN HIKE		Stopping at the beautiful Marlenaz restaurant for a mid morning drinks stop	Adventure around the local Verbier trails, taking in Lac des Vaux (optional swim/dip!)	& MOUNTAIN HIKE	
12:00 PM	Opportunity to book a PARAGLIDING flight!	Take in another stunning hike around the Verbier mountains	12:30 - PADDLE BOARD		Challenging climb up to the lake	To the cute restaurant Chez Dany for a mid morning drink & hike back to chalet	
1:00 PM	LUNCH - picnic	LUNCH - picnic	LUNCH - picnic	LUNCH - picnic	LUNCH - picnic	LUNCH - picnic	
2:00 PM	HIKE continued and return to chalet	HIKE continued and return to chalet	Lakeside REST & RELAXATION & optional swims & dips		HIKE continued	HIKE continued & return to chalet	
3:00 PM			Return to chalet	Mountain hike cont. & return to the chalet OPTION to make the hike shorter for those wanting to	Return to chalet		
4:00 PM	SELF CARE: REST & RELAXATION	Opportunity to book a PARAGLIDING flight!				SELF CARE: REST & RELAXATION	
5:00 PM	5:30pm WEIGHTED STRENGTH CIRCUIT	SELF CARE: REST & RELAXATION	SELF CARE: REST & RELAXATION COMPLIMENTARY 30MIN MESSAGES	5:30pm CORE & UPPERBODY CIRCUIT BLAST	SELF CARE: REST & RELAXATION		
6:00 PM	SELF CARE: REST & RELAXATION	EVENING YOGA FLOW		EVENING YOGA FLOW		EVENING YOGA FLOW & WEEK'S REFLECTION	
7:00 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	