

Crete

THE RETREAT

retreat itinerary june 2024

TIME	MON 17	TUE 18	WED 19	THU 20	FRI 21	
7AM	TRAVEL	GET READY				
8AM		BREAKFAST				
9AM		GET READY	MEDITATION & VISUALISATION	YOGA	CHECK OUT	
10AM		LUXURY YACHT EXPERIENCE	TRAINING SESSION 1	TRAINING SESSION 3	TRAINING SESSION 5	
11AM						
12PM			LUNCH BY THE SEA		FAREWELLS	
1PM			TRAINING SESSION 2	TRAINING SESSION 4	TRAVEL	
2PM						
3PM		CHILL & FREE TIME				
4PM		CHECK IN AND GUEST ARRIVAL				
5PM						
6PM	OFFICIAL WELCOME DINNER					
7PM						
8PM						

MAY BE SUBJECT TO SLIGHT CHANGES