

# SO..Restful

Itinerary



## Day 1 Arrive and Settle..

### Monday

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5pm Arrival from 5pm  
6.30pm Evening meal  
8pm Gong Bath

## Day 2 Grounding and Gratitude

### Tuesday

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7am Gentle Yoga  
8.30am Breakfast  
10am Welcome Circle  
11.30am Group walk  
1pm Lunch  
2.30pm Workshop  
3.30pm Free time  
6.30pm Evening meal  
8pm Yin & Nidra



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During the free time there is limited availability for Reflexology or private Gong Therapy, bookable at an additional cost

### Day 3 Chakra Exploration

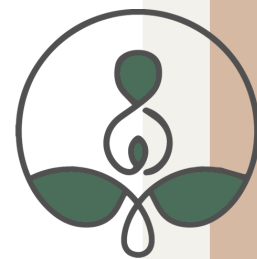
#### Wednesday

7am	Gentle Yoga
8.30am	Breakfast
10am	Group Walk
1pm	Lunch
2pm	Chakra Workshop
3.30pm	Free time
6.30pm	Evening meal
8pm	Yin & Nidra
9.30pm	Fire Pit Ceremony

### Day 4 This isn't goodbye..

#### Thursday

8am	Gentle Yoga
9am	Breakfast
10.30am	Group Walk
1pm	Lunch
2pm	Closing Circle
3pm	Departure



SO.. Yoga