

BODY-MIND-BARBADOS WELLBEING GET-AWAY 2nd – 9th December 2017 - ITINERARY - 7 DAYS OF BLISS STARTS HERE!!!

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Arrival & Welcome: Meet n Greet; Susan, Megan & Zena	Wake-up, Revitalise at Sunrise: YogaEvolution Megan	Wake-up, Revitalise at Sunrise: YogaEvolution Megan	Wake-up, Revitalise at Sunrise: YogaEvolution Megan	Wake-up, Revitalise at Sunrise: YogaEvolution Megan	Wake-up, Revitalise at Sunrise: YogaEvolution Megan	Wake-up, Revitalise at Sunrise: YogaEvolutionMegan
Introductions with Barbadian Cocktail in the 'Quirky Bar' ☺	Super Smoothie Cliff Top Walk in Appreciation & Gratitude - Susan	Super Smoothie Crane Beach Walk in Peace & Being - Susan	Super Smoothie Cliff Top Walk in Serenity & Mindfulness - Susan	Super Smoothie Crane Beach Walk in Fun & Joy - Susan	Super Smoothie Cliff Top Walking in Love & Silence - Susan	Super Smoothie Crane Beach Walk in Freedom & Freestyle - Susan
Acclimatising Time	Together Conscious Preparation of Food for Shared Brunch	Together Conscious Preparation of Food for Shared Brunch	Together Conscious Preparation of Food for Shared Brunch	Together Conscious Preparation of Food for Shared Brunch	Together Conscious Preparation of Food for Shared Brunch	Together Conscious Preparation of Food for Shared Brunch
YogaEvolutionMegan	'Relax-Release-Renew' MWB Group Session with Susan Gardner	'Relax-Release-Renew' MWB Group Session with Susan Gardner	'Relax-Release-Renew' MWB Group Session with Susan Gardner	'Relax-Release-Renew' MWB Group Session with Susan Gardner	'Relax-Release-Renew' MWB Group Session with Susan Gardner	'Relax-Release-Renew' MWB Group Session with Susan Gardner
Brunch	Bliss Time	Bliss Time	Bliss Time	Bliss Time	Bliss Time	Bliss Time
Free Time	Free Time:	Free Time:	Free Time:	Free Time:	Free Time:	Free Time:
First Evening: 'Wellbeing Intentions' Meditation	Chill-Out at The Villa <i>OR...</i> Explore the island: Do your own thing!	Chill-Out at The Villa <i>OR...</i> Explore the island: Do your own thing!	Chill-Out at The Villa <i>OR...</i> Explore the island: Do your own thing!	Chill-Out at The Villa <i>OR...</i> Explore the island: Do your own thing!	Chill-Out at The Villa <i>OR...</i> Explore the island: Do your own thing!	Last Evening: 'Wellbeing4Life Wisdom'
Flying Fish Dinner						Bajan Organic Dinner + Celebrations
Stargazing						Moonbathing

OPTIONAL 1:1 Meta-Well-Being Consultation with Susan to fit in with your schedule – agree a mutual time slot; allow up to 1.5 hours.

PINK : Morning

BLUE : Afternoon

Your Facilitator is Susan Gardner: +44 (0)7866 695 176