



# Heart & Sole

W E L L B E I N G

## Friday

**15:00**

**Welcome**

15:30

Group Walk

**18:00**

**Dinner**

19:00

Anchoring and Think Strong

20:00

DVD and Footbath

21:00

Ease - Guided Bedtime Meditation

## Saturday

**7.30am**

**Juice shots and smoothies**

Exercise Session

**9.00**

**Breakfast**

9.30

Board painting

10.30

DVD and exercise session

11.30

Smash Limiting Beliefs - Guided Meditation

Vision Board creation

**13.30**

**Lunch**

15.00

Exercise session

16.00

Heart and Sole

**18.00**

**Dinner**

19.00

Gratitude Fire Bowl

20.00

DVD

20.30

Worthy - Guided Bedtime Meditation

## Sunday

**8.00am**

**Juice shots and smoothies**

Exercise Session

**10.00**

**Brunch**

10.30

Face Aerobics

11.00

Positive Vibes Meditation

11.30

Feedback Forms and Packing

**12.00**

Farewell