



TEXAS
WELLNESS
RETREATS

THURSDAY:

3:00-4:30 PM - CHECK IN
4:30-5:00 PM - SETTLE IN ROOMS / UNPACK / EXPLORE PROPERTY
5:00 - 6:00 PM - ORIENTATION / WELCOME SNACKS / PRIZE DRAWING
6:00 - 7:00 PM - SOUND BATH
7:00 - 8:00 PM - DINNER
8:00 - 9:00 PM - FIRESIDE CHAT & EVENING ACTIVITY
9:00 PM - QUIET TIME

FRIDAY:

7:30 - 8:30 AM - COFFEE/BREAKFAST
8:30 - 9:30 AM - MORNING MOVEMENT
9:30 - 10:30 AM - MORNING FREE TIME
10:30 AM - 12:30 PM - WORKSHOP / PRIZE DRAWING
12:30 - 1:00 PM - LUNCH
1:00 - 2:30 PM - CREATIVE ACTIVITIES
2:30 - 5:30 PM - AFTERNOON FREE TIME / RED LIGHT THERAPY
5:30 - 6:30 PM - YOGA
6:30 - 7:00 PM - EVENING FREE TIME
7:00 - 7:45 PM - DINNER
7:45 - 9:00 PM - FIRESIDE CHAT & EVENING ACTIVITY
9:00 PM - QUIET TIME

SATURDAY:

7:30 - 8:30 AM - COFFEE/BREAKFAST
8:30 - 9:30 AM - MORNING MOVEMENT
9:30 - 10:30 AM - MORNING FREE TIME
10:30 AM - 12:30 PM - WORKSHOP / PRIZE DRAWING
12:30 - 1:00 PM - LUNCH
1:00 - 2:30 PM - CREATIVE ACTIVITIES
2:30 - 5:30 PM - AFTERNOON FREE TIME / RED LIGHT THERAPY
5:30 - 6:30 PM - YOGA
6:30 - 7:00 PM - EVENING FREE TIME
7:00 - 7:45 PM - DINNER
7:45 - 10:00 PM - GAME NIGHT
10:00 PM - QUIET TIME

SUNDAY:

7:30 - 8:30 AM - COFFEE/BREAKFAST
8:30 - 9:00 AM - WRAP UP / PRIZE DRAWING / GROUP PHOTO
9:00 - 10:00 AM - FREE TIME
10:00 AM - CHECK OUT

Sample Retreat Schedule