

THE TRANSFORMATION PLACE: WOMEN'S WELLNESS RETREAT

November 5-8, 2021

TENTATIVE ITINERARY

Friday

Check-in (5-6pm)

Introductions

Dinner

Creative Arts Therapy

Guided Meditation

Saturday

HIP-HOP Yoga

Breakfast

Mindfulness Exercise

Nutrition/Cooking Demo/ Lunch

Afro-Beats Dance

Dinner

Group Discussion/Journal Therapy

Sunday

Brunch

Beach/Spa Activities

Dinner

Spiritual Ceremony

Monday

Check-out (10am)