

THE TRANSFORMATION PLACE: WOMEN'S WELLNESS RETREAT

November 5-8, 2021

TENTATIVE ITINERARY

Friday

Check-in (5-6pm)

Introductions

Group Dinner

Creative Arts Therapy

Guided Meditation

Saturday

HIP-HOP Yoga

Continental Breakfast

Mindfulness Exercise

Nutrition/Food Demo/ Lunch

Afro-Beats Fusion (Dance/Fitness)

Group Dinner

Group Discussion/Journal Therapy

Sunday

Mindfulness Exercise/Yoga

Continental Breakfast

Lunch/Beach/Spa Activities (*on your own*)

Group Dinner

Spiritual Ceremony

Monday

Check-out (10am)