



**OPEN
DOOR**
RETREATS

3 DAY RETREAT PROGRAM

MONDAY FROM 12:30-13:00

Warm welcome & luggage drop

Lunch & meet your team

Settle in & unpack

 **Country walk**

 **Tailor made fitness session**

Rest

 **Drinks, dinner & welcome talk**

TUESDAY FROM 7:00

Tea, coffee, infusions & seasonal fruit

 **Sunrise yoga - Heart opening poses**

Breakfast & personal time

 **Country walk**

 **Tailor made fitness session**

Shower & rest

 **Nutrition workshop & lunch**

 **The Art of Sleeping**

Break

 **Guided meditation - Conscious connected breath work**

 **Rest, treatments with Giselle & 1-1 ad hoc mindfulness consultations**

 **Optional 5k run with Hugh**

 **Drinks & dinner**

 **Informal myth-busting nutrition chat and Q&A with Rob**

WEDNESDAY FROM 7:00

Tea, coffee, infusions & seasonal fruit

 **Sunrise yoga - breathing techniques & meditation**

Breakfast and personal time

 **Free time and treatments**

 **Tailor made fitness session**

Shower & rest

Lunch

 **Afternoon creative Art workshop**

 **Optional 5k run**

 **Drinks, Dinner & Wrap up**

THURSDAY

Tea, coffee, infusions & seasonal fruit

 **Sunrise yoga - Gentle flow**

Shower & pack

 **Country walk**

 **Check out & brunch**

OPEN DOOR RETREATS, COGGINS MILL HOUSE, COGGINS MILL LANE, MAYFIELD, EAST SUSSEX TN20 6UR

OPEN DOOR RETREATS LIMITED IS REGISTERED IN ENGLAND & WALES NO: 13149146 REGISTERED OFFICE ADDRESS: AS ABOVE

WWW.OPENDOORRETREATS.COM

TEL: 01435 898070

INFO@OPENDOORRETREATS.COM