








**OPEN  
DOOR**  
RETREATS








## MINI TASTER RETREAT PROGRAM

### WEDNESDAY 7 JULY FROM 16:00

-  **Yoga with Julie**
-  **Country Walk**
-  **Welcome talk - Drinks, dinner**
-  **Informal myth-busting nutrition chat and Q&A with Rob**
-  **Skin Gym - Full face workout**

### THURSDAY 8 JULY FROM 7:00

Tea, coffee, infusions & seasonal fruit

-  **Sunrise yoga with Julie**
- Breakfast
-  **The Art of Sleeping with Rob**
- Break
-  **1 Tailor made fitness session with David/Kate**
- Shower
-  **Nutrition workshop & lunch with Helen**
- Break
-  **Guided meditation - Conscious connected breath work**
-  **Creative Art Workshop**
-  **Wrap up, tea**
- End of Retreat and guest departure

- + **Additional overnight stay on Thursday 8 July, Free of Charge on a self catering basis**

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](http://WWW.OPENDOORRETREATS.COM)

TEL: 01435 898070

[INFO@OPENDOORRETREATS.COM](mailto:INFO@OPENDOORRETREATS.COM)