



RELAX TO REWARD - TIMETABLE



TIME	CAMEO STUDIO	DECKING	ACTIVITIES LAWN	CABIN	THE BEACH	FEASTING DECK	FALCONRY AREA
11:00	Sarah - The Ultimate unwind	Emma - Yogalates	Archery/Axe-throwing	How to use Breathwork to Relieve Stress - Alissa	Wim Hof method Breathing class	Flower Crowns - Bloomery	Sophie - Woodland Sound Bath
12:00	Beth - Awakening Flow	Face yoga - Natalie - 30 m	Archery/Axe-throwing	The CoppaFeel! Boobettes - virtual talk			Theta meditation and Cacao ceremony
13:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
14:00		Menopause and Wellness class - Temple	Archery/Axe-throwing	Andrea - Nutritionist - Gut Health		Movement & Motion Drawing workshop - Ally Rice	
15:00	Aparna - Hatha and Pranayama	Power Yoga - Angela	Geoff - Tae Kwondo self-defense workshop	Sound Bath with meditation- Sophie	Tai Chi - Vince	Theta meditation and Cacao ceremony	
16:00	Veronica - Yin and nidra	Pilates for Back Care - Lauren		Olenka - Nutrition for heart health and stroke prevention	Wim Hof method Breathing class		Janice - Laughing with Trees
17:00	Adam - 80s aerobics						
