



LAVIN EVENTS

event planning

## HEALTH / FUN RETREAT

# AGENDA

Please note there **COULD** be some slight changes *(your input/ideas are most welcome)*

### Day 1

<b>14.00</b> <i>(onwards)</i>	Arrival at the venue, settling in and room distribution. Free time until dinner
<b>19.00</b>	Dinner
<b>21.00</b>	Official Welcome and introductions

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### Day 2

<b>08.30</b>	Herbal Tea / Lemon & Ginger tea / Coffee
<b>09.00 – 9.45</b>	Morning Yoga/Pilates session
<b>10.00 – 11.00</b>	Breakfast <i>(fresh fruit – Greek yoghurt – muesli – bran – fresh brown bread – eggs – cheese – tea/coffee)</i>
<b>11.00 – 12.00</b>	Free time
<b>12.00 – 12.45</b>	Aqua Aerobics in the pool
<b>14.00 – 15.00</b>	Light Lunch
<b>15.00 – 19.00</b>	Free Time
<b>19.00 – 21.00</b>	Dinner
<b>21.00 – 22.00</b>	Body Language/Drama & Confidence Building
<b>22.00 – 24.00</b>	Drinks / Music by the pool

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### Day 3

<b>08.30</b>	Herbal Tea / Lemon & Ginger tea / Coffee
<b>09.00 – 9.45</b>	Morning Yoga/Pilates session
<b>10.00 – 11.00</b>	Breakfast
<b>11.00 – 12.00</b>	Free time
<b>12.00 – 12.45</b>	Exercise to dance class
<b>14.00 – 15.00</b>	Light Lunch
<b>15.00 – 19.00</b>	Free Time
<b>19.00 – 21.00</b>	Dinner
<b>21.00 – 22.00</b>	Evening Energy Walk



L A V I N E V E N T S

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## AGENDA *cont.*

### Day 4

<b>08.00</b>	Herbal Tea / Lemon & Ginger tea / Coffee
<b>08.30 – 9.30</b>	Morning Yoga session
<b>09.30 – 11.00</b>	Breakfast <i>(fresh fruit – greek yoghurt – muesli – bran – fresh brown bread – eggs – cheese – tea/coffee)</i>
<b>12.00 – 12.45</b>	Aqua Arobics in the pool
<b>14.00 – 15.00</b>	Light Lunch
<b>15.00 – 23.00</b>	Excursion <i>(transport included - restaurant dinner at own expense)</i>

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### Day 5

<b>08.00</b>	Herbal Tea / Lemon & Ginger tea / Coffee
<b>08.30 – 9.30</b>	Morning Yoga session
<b>09.30 – 11.00</b>	Breakfast <i>(fresh fruit – greek yoghurt – muesli – bran – fresh brown bread – eggs – cheese – tea/coffee)</i>
<b>12.00 – 13.00</b>	Exercise to dance class
<b>14.00 – 15.00</b>	Light Lunch
<b>15.00 – 19.00</b>	Free Time
<b>19.00 – 20.30</b>	Dinner
<b>21.00 – 23.00</b>	Confidence building / Fun & Games / Sunset Relax Yoga

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### Day 6

<b>08.00</b>	Herbal Tea / Lemon & Ginger tea / Coffee
<b>08.30 – 9.30</b>	Morning Yoga session
<b>09.30 – 10.00</b>	Breakfast <i>(scambled eggs – bread/toast - fruit)</i>
<b>10.00 – 11.00</b>	Prepare to vacate the venue
<b>11.00</b> <i>(approximately)</i>	Departure / follow up virtual meetings and offer to send information covered during the course