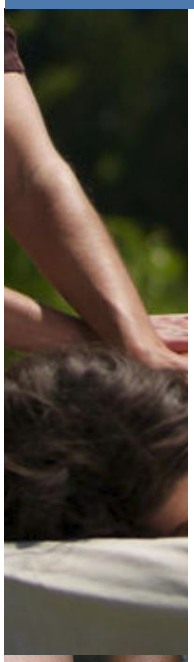
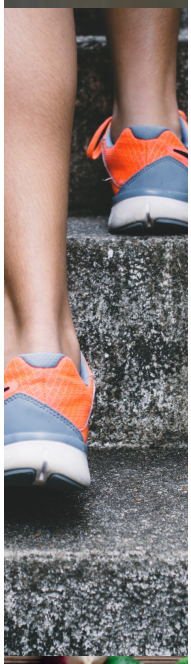
# HAPPY BODY WELLNESS RETREAT
# SAMPLE ITINERARY

*SUBJECT TO CHANGE



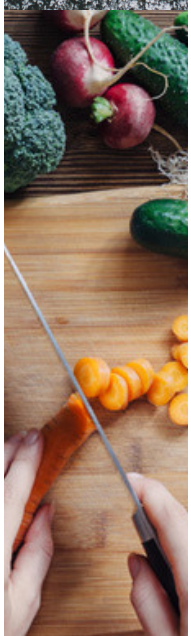
## FRIDAY

12 P.M. EARLY ARRIVALS CHECK-IN WITH EXTRA TIME YO EXPLORE THE RESORT GROUNDS, SNEAK IN AN EXTRA SPA SERVICE, UNPACK AND LOUNGE AROUND THE POOL OR ON THE BEACH.
4 P.M. OFFICIAL CHECK-IN.
4-5:30 P.M. WELCOME MANIS, PEDIS AND MINI-MASSAGES.
GET SETTLED, TAKE SOME TIME TO CHILL BY THE POOL, PARTAKE IN RIVER ACTIVITIES, OR HAVE A RELAXING AFTERNOON TO YOURSELF EXPLORING THE RESORT GROUNDS.
5:30 P.M. GUEST WELCOME TO THE VERY FIRST HAPPY BODY WELLNESS RETREAT!
6:15 P.M. OFFSITE EVENT. HEALTHY HAPPY HOUR SEMINAR WITH WINE PAIRINGS AND NUTRITIOUS HORS D'OEUVRES.
7:30 P.M. MEET AND MINGLE WITH THE HAPPY BODY COMMUNITY DURING AN AL FRESCO FARM-TO-TABLE SERVED AT THE RENOWNED HOPE AND GLORY INN IN TOWN.
8:45 P.M. HIGH-VIBE AFTER-DINNER EXPERIENCE AROUND THE FIRE PIT



## SATURDAY

SUNRISE. YOGA ON THE PIER OR BEACH OVERLOOKING THE BAY
7:30 A.M. RISE AND SHINE HIKE, BIKE OR SUP WITH A VIEW
8:30 A.M. MORNING WELLNESS DISCUSSION AND GOAL SETTING SESSION + LIGHT, FRESH, AND LOCALLY MADE BREAKFAST
9:15 A.M – 10 A.M. POOLSIDE ENDORPHIN-FILLED SWEAT SESSION
10:10 A.M – 10:40 A.M. STRENGTHEN, STRETCH AND COOL DOWN SESSION ENDING IN TOWN FOR BRUNCH AT THE LOCAL
11-12:30 P.M. INTIMATE COFFEE SPECIAL, FAMILY-STYLE BRUNCH ON THE PATIO OF THE LOCAL IN TOWN
11:15 A.M. DURING BRUNCH WE WILL HAVE A NUTRITION SEMINAR
12:30 P.M. RELAXATION TIME TO HANG BY THE POOL OR BEACH, EXPERIENCE AN ON OR OFFSITE ACTIVITY, OR ENJOY YOUR SIGNATURE RETREAT SERVICE
2:00 P.M. BEACH FIT BOOT CAMP- A COMBINATION OF BALANCE, HIIT, AND COMPETITION INCORPORATING STAND-UP PADDLE BOARDS.
3:00 P.M. NUTRITION WORKSHOP
4:00 P.M. 30 MINUTE AFTERNOON BOOST WORKOUT
4:30- 5:00 P.M. YOGA WORKSHOP AND MINDFUL SESSION
6:00 P.M. SUNSET COVE CRUISE WITH HEALTHY BEVERAGES
7:00 P.M. MEET AND MINGLE WITH THE HAPPY BODY COMMUNITY DURING AN AL FRESCO FARM-TO-TABLE DINNER OVERLOOKING THE BAY
8:30 P.M. HIGH-VIBE AFTER-DINNER EXPERIENCE AROUND THE FIRE PIT OR LISTENING TO LIVE MUSIC ON THE TERRACE



## SUNDAY

SUNRISE. YOGA ON THE PIER OR BEACH OVERLOOKING THE BAY
7:30 A.M. RISE AND SHINE HIKE, BIKE OR SUP WITH A VIEW
8:30 A.M. MORNING WELLNESS DISCUSSION AND GOAL SETTING SESSION + LIGHT, FRESH, AND LOCALLY MADE BREAKFAST + NUTRITION WORKSHOP: HEALTHY MEALS AND EASY PREP FOR REAL LIFE.
9:15 A.M – 10 A.M. POOLSIDE OR BEACH FRONT ENDORPHIN-FILLED SWEAT SESSION TO SEND YOU OFF ON A SUPERCHARGED NOTE
10:45 – 11:15 A.M. WELLNESS WORKSHOP ON BALANCING IT ALL LEADING INTO A FAREWELL BRUNCH OFFSITE
11:30 A.M. CHECK OUT OF ROOMS - BRUNCH AT ADRIFT AS YOU HEAD OUT OF TOWN.