

GRANVILLE ISLAND HOTEL				
WELLNESS RETREAT SCHEDULE				
5 DAY SAMPLE PROGRAM				
1	2	3	4	5
	7:00 AM Rise & Shine	7:00 AM Rise & Shine	7:00 AM Rise & Shine	7:00 AM Rise & Shine
	8:00 AM Breakfast	8:00 AM Breakfast	8:00 AM Breakfast	8:00 AM Breakfast
	9:00 AM Island Walk & Tour	9:00 AM Morning Practice & Breathing Level 1	9:00 AM Personalized Exercise	9:00 AM Yoga Practice
		10:00 AM Island Market Tour		
	11:00 AM Yoga	11:00 AM Chef How To Prep With A Busy Lifestyle	11:00 AM Personal Time	
	12:00 PM Smart Lunch	12:00 PM Smart Lunch		12:00 PM Smart Lunch
	1:00 PM Introduction to Ayurveda Nutrition & What to Eat When Dining Out	1:00 PM Group Fitness Training Level 1	1:00 PM Ferry Tour	1:00 PM Mixologist Healthy Drinks & Wellness Shots
2:30 PM Wellness Coach Stress Reduction & Management		2:00 PM Packing & Personal Time		
3:00 PM Wellness Check-In	3:00 PM Personal Time & Snack Time	3:30 PM Goals Check-In & Updates	3:00 PM Personal Time & Snack Time	
4:00 PM Unpack & Settle In	4:00 PM Hop-On City Tour	4:45 PM Yin Yoga Level 1	4:00 PM Group Fitness Training Level 2	
5:00 PM Orientation & Overview			5:00 PM Dinner From Your Market Adventure	
6:00 PM Healthy Dinner	6:00 PM Healthy Dinner	6:00 PM Healthy Dinner	6:00 PM Sunset Boat Tour Of Vancouver*	6:00 PM Farewell Reception
7:30 PM Journaling, Goal Setting & Mindfulness Preparation	7:30 PM Journaling With Intention	7:30 PM Journaling & Goal Setting	7:30 PM Journaling With Intention	
9:00 PM Personal Time	9:00 PM Personal Time	9:00 PM Personal Time	9:00 PM Personal Time	
*THIS SCHEDULE IS A SAMPLE, RETREAT ACTIVITIES AND TIMINGS WILL VARY DEPENDING ON EACH INDIVIDUAL'S NEEDS, BOOKING DATES AND AVAILABILITY.				