



March Retreat Program

28th March 2026

Time	Program
13:00	Arrival to the hotel & Transfer to the Retreat Villa
13:45	Intention Setting and Housekeeping Rules
14:30	Breathwork & Heart Opening Yoga Release tension, reconnect with your emotional centre, and prepare for deeper inner work
15:30	Tea & Coffee Break
16:00	Group Coaching followed by alone time
18:00	Dinner
19:30	Circle Time – Guided sharing and reflection in a safe, confidential space
21:00	Sound Healing Meditation





March Retreat Program

29th March 2026

Time	Program
07:30	Energising Yoga
08:30	Breakfast
09:30	Group Coaching Integration Session Reflection Time / Journaling / Optional Coaching Conversations Closing Sharing Circle
11:30	Gratitude Ritual
13:00	Farewell

