

DAY 1

1-2pm guests arrive

2pm welcome platter meet & greet

3ish – COOKING CLASS

DINNER 6ish

7.30 - FOODIE QUIZ NIGHT with prizes

DAY 2

7am Lemon water and M20 – Super Smoothie

7.30 YOGA , BREATH & MEDITATION

9am SILENT BREAKFAST

9.45ish am- COOKING CLASS

11 am MASSAGES & FREE TIME for walking, swimming, exploring or just reading.

LUNCH 1.30 – 2.30 pm depending on your massage time

FREE TIME & MASSAGES CONTINUE

4.30 Self serve AFTERNOON TEA

5.20pm – COOKING CLASS

6.45 DINNER

8pm - DEEP RELAXATION SOUND BATH

9.30 close

DAY 3

7.15am Lemon water and M20 – Super Smoothie

7.45 PILATES

9am BREAKFAST

10.15 am – COOKING CLASS

12.30ish LUNCH

FREE TIME

4 pm SELF SERVE AFTERNOON TEA

4.30 – COOKING CLASS

6.30 – EXPLORING TASTE & SMELL WITHOUT VISION

7ish DINNER

FREE TIME

SUNDAY DAY 4

7am Lemon water and M20 – Super Smoothie

7.30 – 1 hour GUIDED MEDITATION

8.45 - BREAKFAST

10am – FINAL KITCHEN WORKSHOP

12noon GUESTS DEPART