

EXAMPLE OF A FOODIE RETREAT ITINERARY

Day - 1

1-2pm guests arrive and settle into rooms

2pm WELCOME PLATTER / MEET & GREET

3ish – COOKING CLASS

6 ish - DINNER

7.30 - RESTORATIVE YOGA & SOUND BATH

early night

Day - 2

SUNRISE - Lemon water and M20 – Protein Super Smoothie

7am YOGA , BREATH & MEDITATION with Sharla

8.30am SILENT BREAKFAST

10 am- COOKING CLASS

12pm- LUNCH

FREE TIME - MASSAGES, WALKS, SWIM, CHILL WITH A BOOK BY THE FIRE, JUST GIVE YOURSELF SOME DOWN TIME

4.30 - AFTERNOON TEA

5pm – COOKING CLASS

7pm – DINNER

8pm - RELAXING GUIDED MEDITATION

Day - 3

SUNRISE - Lemon water and M20 – Protein Super Smoothie

7.30- GUIDED BUSHWALK IN LOCAL FORREST

9am - BREAKFAST

10am – COOKING CLASS

12.30ish LUNCH

FREE TIME - MASSAGES, WALKS, SWIM, CHILL WITH A BOOK BY THE FIRE, JUST GIVE YOURSELF SOME DOWN TIME

AFTERNOON TEA

4pm – COOKING CLASS

6.30 – EXPLORING TASTE & SMELL WITHOUT VISION

7ish DINNER

7.30 – FUN FOODIE QUIZ NIGHT

Day - 4

SUNRISE- Lemon water and M20 – Protein Super Smoothie

7am- PILATES

8.15 - BREAKFAST

10am - FINAL KITCHEN WORKSHOP

12PM - GUESTS DEPART