



Reboot & Rejuvenate Wellness Retreat

Programme Itinerary and Retreat Activities

Rest. Relax. Renew.

Building a Healthier Lifestyle One Step at a Time

Friday 14 March	From 2 pm: Arrive and check-in Downtime 6 pm: Welcoming Circle 6.30 pm: Dinner
Saturday 15 March	7.30 am: Breakfast 9.00 am: Benefits & Practical Applications of Whole Food Plant-Based Lifestyle - (Sue Scharf – Registered Dietician, SA) 12.30 pm: Lunch 2.00 pm: Art Reflections – Using Creativity for Emotional Regulation - (Tania Kruger – Specialist Wellness Counsellor) 6.30 pm: Dinner
Sunday 15 March	7.30 am: Breakfast 9.30 am: Retreat Into Nature Wellness Experience – Walking Mindfully for a Healthier Lifestyle- (Jana Field – New Insights Certified Life Coach) 1 pm: Lunch 2.30 pm: Departure

Please take note of the following:

Meals

- ✚ All meals are selected from the a-la-carte menu and are freshly prepared in Random Harvest's kitchen. Alcoholic beverages are not served but you are welcome to bring your own alcohol.
- ✚ Meals are served in the tranquil settings of the Random Harvest Tea Garden.
 - **Breakfast:** Includes a beverage and a main meal.
 - **Lunch:** Includes a beverage, a main meal, and a dessert.
 - **Dinner:** Includes a beverage, a main meal, and a dessert.
- ✚ Additional costs such as extra beverages and meals are for your account.

Retreat Activities

Retreat activities and times may differ slightly from the programme itinerary. You will receive a full programme when you check in for your retreat.