

FRIDAY

2pm - 2.15 pm	Arrival and Champneys Registration
	Welcome and Programme Introduction with Puja
	Check into accommodation
2.30 - 4.30 pm	Group Coaching
4.30 - 5.00 pm	Free time
5.00 - 5.30 pm	Stretch and relax class
5.30 - 7.30 pm	Free time for treatments, attending Champneys classes and use of spa facilities.
7.30 - 8.30 pm	Dinner
8.30 - 9.30	Chai & Chat - reflections

SATURDAY

7.00 - 8.00 am	Morning walk
8.00 - 9.00 am	Breakfast
9.00 - 11.00 am	Group Coaching
11.00 - 11.30 am	Free time
11.30 - 12.30 pm	Vinyasa flow yoga class
12.30 - 1.00 pm	Free time
1.00 - 2.00 pm	Lunch
2.00 - 4.00 pm	Group Coaching
4.00 - 5.00 pm	Free time
5.00 - 5.30 pm	Stretch and relax class
5.30 - 7.30 pm	Free time for treatments, attending Champneys classes and use of spa facilities
7.30 - 8.30 pm	Dinner
8.30 - 9.30 pm	Chai & Chat - reflections

SUNDAY

7.00 - 8.00 am	Meditative Walk
8.00 - 9.00 am	Breakfast
9.00 - 11.00 am	Group Coaching - Actions
11.30 - 12.30 pm	Check-out
1.00 - 2.00 pm	Lunch
2.00 - 4.00 pm	Free time for treatments, attending Champneys classes and use of spa facilities

PACKING LIST

For most of the retreat, you will just need to be in casual comfortable clothing such as leggings, tracksuits etc. You are welcome to dress up a little for dinner but this is not mandatory. Being comfortable is. The packing list is a guide dependant on weather and for the activities you'll be doing. You may of course substitute accordingly.

- Stretchy, loose clothing for Yoga and Stretch and Relax classes
- Changes of clothes for any oil-based treatments you may book
- Warm jumpers/cardigans for evening Chai and Chat which will be held outside (weather permitting)
- Warm/water resistant clothing for morning walks - layering recommended
- Appropriate footwear for morning walks - comfortable, waterproof/resistant