

Women's Retreat Camp Timetable 2018

	Tuesday 3 April	Wednesday 4 April	Thursday 5 April	Friday 6 April
7.30am		Beach Walk	Beach Walk	
8.00am		Breakfast	Nutritionist/ Petra	yoga/meditation
9.00am			Breakfast	
9.30am		Essence Lingerie/Christine	massage x5	Breakfast
10.30am		morning tea	second group massage	Closing Circle/Delwyn
11.00am		ACC- Cherie	1st group facials	
12.30-1.30pm	Leaving Office/ Transport	LUNCH	LUNCH Jaxs/ H/Tea	Leaving Resort
1.30pm			facials/ Lisa Nutrimetics	
2.00pm	ARRIVAL	Chiropractors x6		
2.30pm	Welcome/ dinner plates		Make up/Hair	
3.30pm	Afternoon snack	afternoon tea		
4.00pm	Swim/Beach walk/Explore	Beach painting/Tracee	Cindy Light/Fern Edmonds	
4.30pm		yana@thepost.nz		
5.00pm				
5.30pm			Cocktail drink	
6.00pm		DINNER	Restaurant Dinner	
6.30pm	SPIT ROAST DINNER			
7.30pm	Talking Stick/Delwyn	Suzy Heazlewood /		
		Guest speaker		
9.00pm	Supper	Supper		