



Private Self Treatment Retreat Program 2021

TIME	Day 1 (Sun)	Day 2 (Mon)	Day 3 (Tues)	Day 4 (Wed)	Day 5 (Thurs)	Day 6 (Fri)	Day 7 (Sat)	TIME	
7:30am		Breakfast (7:30am-8:30am)	Breakfast (7:30am-8:30am)	Breakfast (7:30am-8:30am)	Breakfast (7:30am-8:30am)	Breakfast (7:30am-8:30am)	Breakfast (7:30am-8:30am)	7:30am	
8:00am		Free time (8:30am-9:00am)	Free time (8:30am-9:00am)	Free time (8:30am-9:00am)	Free time (8:30am-9:00am)	Free time (8:30am-9:00am)	Free time (8:30am-9:00am)	8:00am	
8:30am		Self Treatment Training (together) (9:00am-11:00pm)	Self Treatment Training (together) (9:00am-11:00pm)	Self Treatment Training (together) (9:00am-11:00pm)	Self Treatment Training (together) (9:00am-11:00pm)	Self Treatment Training (together) (9:00am-11:00pm)	Self Treatment Training (together) (9:00am-11:00pm)	Review / Q & A (9:00am-11:00pm)	8:30am
9:00am									9:00am
9:30am									9:30am
10:00am									10:00am
10:30am									10:30am
11:00am			Retreat facilities (11:00am-12:00pm)	Retreat facilities (11:00am-12:00pm)	Retreat facilities (11:00am-12:00pm)	Retreat facilities (11:00am-12:00pm)	Retreat facilities (11:00am-12:00pm)	Retreat facilities (11:00am-12:00pm)	11:00am
11:30am									11:30am
12:00pm			Lunch (12:00pm-1:00pm)	Lunch (12:00pm-1:00pm)	Lunch (12:00pm-1:00pm)	Lunch (12:00pm-1:00pm)	Lunch (12:00pm-1:00pm)	Lunch (12:00pm-1:00pm)	12:00pm
12:30pm									12:30pm
1:00pm			Tailored Consultation A (1:00pm-2:00pm)	Don's Tx & Personal Training B (1:00pm-2:00pm)	Don's Tx & Personal Training A (1:00pm-2:00pm)	Don's Tx & Personal Training B (1:00pm-2:00pm)	Don's Tx & Personal Training A (1:00pm-2:00pm)	Farewell (1pm-)	1:00pm
1:30pm									1:30pm
2:00pm		Check-In (2:00pm-3:30pm)	Tailored Consultation B (2:00pm-3:00pm)	Don's Tx & Personal Training A (2:00pm-3:00pm)	Don's Tx & Personal Training B (2:00pm-3:00pm)	Don's Tx & Personal Training A (2:00pm-3:00pm)	Don's Tx & Personal Training B (2:00pm-3:00pm)		2:00pm
2:30pm		Afternoon Tea (3:00pm-3:30pm)	Afternoon Tea (3:00pm-3:30pm)	Afternoon Tea (3:00pm-3:30pm)	Afternoon Tea (3:00pm-3:30pm)	Afternoon Tea (3:00pm-3:30pm)		2:30pm	
3:00pm								3:00pm	
3:30pm	Orientation (Together) (3:30pm-4:30pm)	Retreat facilities (3:30pm-6:00pm)	Cooking Class (Together) (3:30pm-6:00pm)	Retreat facilities (3:30pm-6:00pm)	Retreat facilities (3:30pm-6:00pm)	Cooking Class (Together) (3:30pm-6:00pm)		3:30pm	
4:00pm								4:00pm	
4:30pm	Exploring the Retreat (4:30pm-6:00pm)							4:30pm	
5:00pm								5:00pm	
5:30pm								5:30pm	
6:00pm	Dinner (3 Course) (6:00pm-7:15pm)	Dinner (6:00pm-7:00pm)	Dinner (6:00pm-7:00pm)	Dinner (6:00pm-7:00pm)	Dinner (6:00pm-7:00pm)	Dinner (3 Course) & Cocktail Party (6:00pm -)		6:00pm	
6:30pm								6:30pm	
7:00pm								7:00pm	
7:30pm	Free time + Retreat facilities (7:15pm-)	Free time + Retreat facilities (7:15pm-)	Free time + Retreat facilities (7:15pm-)	Free time + Retreat facilities (7:15pm-)	Free time + Retreat facilities (7:15pm-)			7:30pm	
						Free time + Retreat facilities			

Please note that this is a sample timetable. So the items below will be scheduled both at your preference and according to the Retreat's suggestion.

Retreat facilities : Mud & Charcoal Sauna, Hot tub, Ceragem, Seat moxa, Foot spa, Table tennis, Bush walk, Gravel walk