

Unwind & Reset

Soulful Solo Retreat

Example of a Daily Agenda

7:30 am begin your day with freshly juiced fruits and or vegetables to help detox major organs, vegan/vegetarian meals are available as are healthy snacks. Removing any temptations to eat 'low-vibrating' foods in an effort to cleanse the body at a cellular level is the objective

7:45am – 8:45 am nature walk with mentor, followed by gentle stretching and breath work

9 am: nutritious breakfast followed by personal time

10:30 – noon: rebalance and realignment session with mentor

12:00pm to 2:00pm: nutritious and delicious lunch followed by journaling

2:00pm to 5:00pm: free time to enjoy excursions or personal development time

5:30pm – 7:00pm: nutritious and delicious dinner, time for assessment of shifts, intention setting, discussion on next steps (varies from day to day)

7:00pm +: Personal time, reading recommended books. Also included is internal work through guided meditation, sound bath or REIKI, when you are ready.



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