



# A SAMPLE OF OUR DAILY SCHEDULE

## BYRON ADVENTURE HEALTH RETREAT SCHEDULE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6.30am		Yoga	Yoga	Yoga		Yoga	Yoga
8.00am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00am		Surf OR Train	Surf OR Train	Lighthouse Walk/Run	Surf OR Train	Surf OR Train	Farewell
11.00am							
12.00pm	Check In						
1.00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
2.00pm	Intro's	Workshop	Snorkelling	Workshop	Workshop	Workshop	
3.30pm	Yoga OR Train	SUP OR Beach		Surf OR Train		Wategos Beach	
5.00pm	Workshop	Kayak	SUP		Beach Yoga		
6.30pm			Workshop				
7.30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
8.30pm		Meditation		Night out	Meditation	Night out	
	Free time						
	Optional Offsite Activity						