



## A SAMPLE OF THE IN2U WEEKEND RETREAT SCHEDULE

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm
FRIDAY						CHECK IN (WELCOME DRINK + MORNING TEA)		LUNCH	WELCOME CIRCLE	FREE TIME/MASSAGES	SUNSET YOGA	DINNER			
SATURDAY	TRAIN	BREAKFAST	FREE TIME/MASSAGES			WELLNESS WORKSHOP	LUNCH	RELAX/SURF/HIKE			YOGA THERAPY WORKSHOP	DINNER			
SUNDAY	TRAIN	BREAKFAST	WELLNESS WORKSHOP	RELAX/SURF/HIKE			LUNCH	CLOSING CEREMONY	CHECK OUT						

Morning tea is served around 11am daily. Afternoon tea around 4pm daily. Unlimited water, sparkling water, coconut water and herbal teas will be provided. All dietary requirements will be catered for.

All sessions cater to all levels. The timetable is completely optional however we do require you to advise your lead trainer if you will not be attending a session at least 2 hours prior.