

**WELLNESS RETREAT**  
JUNE 17-21, 2019

**TIMETABLE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>0730-0900</b>		BREAKFAST Continental buffet selection	BREAKFAST Continental buffet selection	BREAKFAST Continental buffet selection	BREAKFAST Continental buffet selection
<b>0930-1100</b>		Talk with Elsa Introduction to essential oils for everyday wellness (top 10 oils) (LF)	Yoga and meditation with Hélène (LS)	Yoga and meditation with Hilary (LS)	Yoga and meditation (LS)
<b>1100-1230</b>		Yoga and meditation with Hilary (LS)	Nutrition : Definitions, Descriptions, Differences with Chrissie (LF)  <b><u>OR</u></b>  Aqua with Dorn (LC)	<b>1100-1200</b> Introduction to self hypnosis and Rapid Transformational therapy with Elsa (LS)  <b><u>OR</u></b>  <b>1115-1200</b> Aqua with Dorn (LC)	Nutrition : Good for You foods with Chrissie (LF)
<b>1300-1430</b>	Guests Arrival	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>1500-1600</b>	Meet and Greet Residential guests and Therapists (LDR)	Talk on Menopause - symptoms and surprising solutions with Hilary (LF)	The Dangers of Dairy – vegan cheese making workshop (LF)	<b>1430-1600</b> Essential Oils, make and take with Elsa (LDR)	Beginners/Intermediate Yoga (LS)

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<b>1600-1700</b>		Facial yoga with Hilary (LS)	Yoga and meditation with H��l��ne (LS)	Yoga and meditation (LS)	
<b>1700-1830</b>	Beginners/Intermediate Yoga (LS)	Yoga and meditation with Hilary (LS)	- T B A -	- LEISURE TIME -	
<b>1930</b>	<b><i>DINNER</i></b>	<b><i>DINNER</i></b>	<b><i>DINNER</i></b>	<b><i>DINNER</i></b>	

All breakfasts / lunches / dinners served in the dining room of Le Moulin

Key

- LF Le Moulin foyer
- LDR Le Moulin dining room
- LC Leisure Complex
- LS Le Moulin salon
- Gdn Main garden

*NB Instructors/sessions may be subject to change without notice*

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MENU

	BREAKFAST	LUNCH	DINNER
MONDAY	<b>Buffet selection:</b> fresh breads yoghurt, fruit fresh eggs cheese / meat platter	<b>Buffet selection:</b> selection of salads / soup Vietnamese style summer rolls cheese / meat platter yoghurt	paté / cold meats <b>Mushroom curry with basmati rice</b>  <b>Berry Trifle</b>
TUESDAY	<b>Buffet selection:</b> fresh breads yoghurt, fruit fresh eggs cheese / meat platter	<b>Buffet selection:</b> selection of salads / soup Vietnamese style summer rolls cheese / meat platter yoghurt	<b>mozzarella, tomato, pesto</b> <b>Vegetable Lasagne</b>  <b>Sticky Ginger Cake</b>
WEDNESDAY	<b>Buffet selection:</b> fresh breads yoghurt, fruit fresh eggs cheese / meat platter	<b>Buffet selection:</b> selection of salads, soup Vietnamese style summer rolls cheese / meat platter yoghurt	<b>sautéed plaintain with tofu</b> <b>Mediterranean tray bake</b>  <b>Lemon Compote</b>
THURSDAY	<b>Buffet selection:</b> fresh breads yoghurt, fruit fresh eggs cheese / meat platter	<b>Buffet selection:</b> selection of salads, soup Vietnamese style summer rolls cheese / meat platter yoghurt	<b>homemade guacamole</b> <b>Make your own Fajitas</b>  <b>Chocolate mousse with berries</b>

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FRIDAY	<b>Buffet selection: fresh breads yoghurt, fruit fresh eggs cheese / meat platter</b>	<b>Buffet selection: selection of salads, soup Vietnamese style summer rolls cheese / meat platter yoghurt</b>	<b>Tomato, cucumber and red onion salad fish and chips  Eton Mess</b>
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Vegetarian/gluten free options available