

WELLNESS RETREAT JUNE 17-21, 2019

TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0730-0900		BREAKFAST Continental buffet selection	BREAKFAST Continental buffet selection	BREAKFAST Continental buffet selection	BREAKFAST Continental buffet selection
0930-1100		Talk with Elsa Introduction to essential oils for everyday wellness (top 10 oils) (LF)	Yoga with H��l��ne Hatha Flow (LS)	Yoga with Hilary Hatha (LS)	Yoga with H��l��ne Hatha Flow (LS)
1100-1230		Yoga with Hilary (LS)	Nutrition : Good for You foods with Chrissie (LF) <u>OR</u> Aqua with Dorn (LC)	Talk with Elsa Rapid Transformational therapy (LF) <u>OR</u> Aqua with Dorn (LC)	Nutrition : Definitions, Descriptions, Differences with Chrissie (LF)
1300-1430		LUNCH	LUNCH	LUNCH	LUNCH
1500-1600		Seminar The Dangers of Dairy – vegan cheese making workshop (PM)	Talk on Menopause - symptoms and surprising solutions with Hilary	1430-1600 Introduction to self hypnosis with Elsa (LS)	- LEISURE TIME -
1600-1700	Arrival : Meet and Greet Residential guests and Therapists		Yoga with H��l��ne Hatha Flow (LS)	Yoga with H��l��ne Hatha Flow (LS)	

LE MOULIN DE LA QUENTINIÈRE
 JUNE 17-21 2019

1700-1830	1730-1830 Yoga with Hilary Hatha (LS)	Yoga and meditation with Hilary Hatha (LS)		- LEISURE TIME -	
1930	DINNER	DINNER	DINNER	DINNER	

All breakfast / lunch / dinner 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
- PM La Petite Maison
- Gdn Main garden

NB Instructors/sessions may be subject to change without notice