

AGENDA

- 08h45 AM Registration
- 09h00 AM Yoga
- 10:00 AM Snack break
- 10h15 AM Journaling Workshop Part 1
- 11h15 AM Q&A
- 12h15 PM Lunch
- 01:h15 PM Mindful Meditation
- 01h25 PM Journaling Part 2
- 03h00PM Positive Sound Vibrations & Cow Therapy

REJUVENATION RETREAT 2022

Saturday
29 January 2022

PLEASE NOTE

- Dress comfortably
- Wear a mask
- Carry your own yoga mat
- Subscribe to our newsletter to be updated on event news

STRICT COVID PROTOCOLS WILL APPLY