

Wellness & Nurture

RETREAT

DAY ONE SCHEDULE

- 9:00AM** **Arrival**
Welcome drinks upon arrival
- 9:30AM** **'Nurture Me'**
with Melissa Ambrosini
- 11:00AM** **Zenko Yoga**
by Lauren Verona
- 12:00PM** **Changing The Impossible**
with Sarah Be
- 12:45PM** **Cooking Workshop**
with Valeria The Wellnest

LUNCH

- 3:00PM** **Booty Ready**
by Ricki Baker
- 4:00PM** **Project Pargo**
by Elly McGovern
- 5:30PM** **Gathering at the Firepit**
letting go from the past
- 6:00PM** **Dinner Time**



rivershoreressort

GLAMPING • CARAVANNING • CAMPING
SUNSHINE COAST • QUEENSLAND

DAY TWO SCHEDULE

- 6:00AM** **Sunrise**
by In_your_flow
- 9:30AM** **Transformation Session**
with Sarah Be
Breaking down the barriers
and limitations
- 11:00AM** **Live In The Moment**
by Lauren Verona
- 12:00PM** **Find Balance Within the Chaos**
by Anna Johnsonhill
- 1:00PM** **Creating Vegan Dishes**
with Eloratahiti
- LUNCH** **2:30PM**
- 3:30PM** **Making The Decision to Start**
by Josh Every
- 4:30PM** **DOWN TIME!**

WOW! LAST NIGHT OF AMAZING CELEBRATIONS

Optional sunset celebration cruise on the Maroochy river, fire pit & dinner celebration with live music!

**THIS TWO DAY RETREAT IS
PACKED WITH SUPPRISES!**

07 5458 2200 • info@rivershore.com.au
Facebook/Instagram: [@rivershoreresort](https://www.instagram.com/rivershoreresort)



rivershoreresort

GLAMPING • CARAVANNING • CAMPING

SUNSHINE COAST • QUEENSLAND