

**EXAMPLE RETREAT ITINERARY**  
**\*SUBJECT TO CHANGE\*\***

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	THURS 10 SEPT	THURS 11 SEPT	THURS 12 SEPT	THURS 13 SEPT	THURS 14 SEPT
7am	Guests Arrival - own private transport to Komune	Mind+Body Session: TBC	Strength+Movement Session	Strength+Movement Session: In the Gym	Mind+Movement Session: Reflection
8am		Group Breakfast	Group Breakfast	Group Breakfast	Group Bfast & Farewells
8:30am					
9:30am		Wellness Education Session	Wellness Education Session	Wellness Eduction Session	
11am		Free-time - room, pools, massage: Individual dietitian or coach sessions available between 3pm and 4:30pm	Free-time - room, pools, massage: Individual dietitian or coach sessions available between 3pm and 4:30pm	Free-time - room, pools, massage: Individual dietitian or coach sessions available between 3pm and 4:30pm	Guests Departure - own private transport from Komune
12noon					
1pm					
2pm					
3:30pm					
4:30pm		Mind+Body Session: TBC	Strength+Movement Session	Mind+Body Session: Hot+Cold Therapy	
5pm	Free-time	Free-time	Free-time	Free-time	
6pm					
7pm	Welcome Dinner incl. Complimentary Cocktail / Mocktail	Group Dinner	Evening Cooking Class + Group Dinner	Group Dinner Offsite	
8pm					