



Your Wellness Retreat Calendar

Your journey to self-care in the sun starts here!
Here's what to expect this week.

Friday, April 5	Saturday, April 6	Sunday, April 7	Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12	Saturday, April 13
<p>Montreal travellers: Airport arrivals and bus transfer to hotel Hotel check-in</p> <p>Meet & Greet with Montreal trainer</p>	<p>9:00 - 10:30 a.m. Yoga & Meditation for All Levels</p>	<p>9:00 - 10:30 a.m. Yoga & Meditation for All Levels</p> <p>11:00 a.m. - 12:00 p.m. Joyful Movement</p>	<p>9:00 - 10:30 a.m. Yoga & Meditation for All Levels</p> <p>11:00 a.m. - 12:30 p.m. Culinary Experience</p>	<p>9:00 - 10:30 a.m. Chair Yoga & Meditation for All Levels</p> <p>11:00 a.m. - 12:00 p.m. Joyful Movement</p>	<p>8:00 - 11:00 a.m. Hiking Tour: Pillars of Hercules 2.5-3 hours Difficulty Rating: Moderate*</p>	<p>9:00 - 10:30 a.m. Yoga & Meditation for All Levels</p> <p>11:00 a.m. - 12:00 p.m. Joyful Movement</p>	<p>9:00 - 10:30 a.m. Yoga & Meditation for All Levels</p> <p>Montreal travellers: Hotel check-out Bus transfer to the airport and return flight</p>	<p>9:00 - 10:30 a.m. Yoga & Meditation for All Levels</p> <p>Toronto travellers: Hotel check-out Bus transfer to the airport and return flight</p>
Lunch								
	<p>3:00 - 4:00 p.m. Joyful Movement</p> <p>Toronto travellers: Airport arrivals and bus transfer to hotel Hotel check-in</p> <p>6:30 p.m. Welcome Mixer with Air Canada Vacations and trainers (cocktails & hors d'oeuvres)</p>	<p>4:00 - 5:00 p.m. Self-Care & Wellness Series #1</p>	<p>2:00 - 2:45 p.m. Aqua Zen</p>	<p>4:00 - 5:00 p.m. Self-Care & Wellness Series #2</p>	<p>2:00 - 2:45 p.m. Aqua Zen</p>	<p>4:00 - 5:00 p.m. Restorative Yoga & Reflection</p> <p>6:30 - 9:30 p.m. Farewell Beach BBQ Dinner</p>	<p>4:00 - 5:00 p.m. Restorative Yoga & Reflection</p>	

Your packing list

Yoga & Joyful Movement classes: Gym shoes, water bottle, yoga block, strap, mat
Pillars of Hercules hike: Activewear, walking shoes, sunscreen, towel, hat

*Moderate: generally suitable for novice hikers who want a bit of a challenge.
The terrain will involve a moderate incline and may have some steeper sections.

