



7-Day Mind Reset Retreat *Itinerary*

Serenity Within - A Holistic Healing Retreat

	Time	Ground & Arrive	Time	Ground & Arrive	Time	Ground & Arrive
	7:00 AM	Yoga and Breathwork	1:00 PM	Curated lunch	5:00 PM	Herbal tea & relax
	8:00 AM	Refresh & get ready	2:00 PM	Rest & relax	6:00 PM	Sound healing
	9:00 AM	Curated breakfast	3:00 PM	Brain mapping	7:00 PM	Light dinner
	10:00 AM	Therapy + CBT	4:00 PM	Barefoot nature walk & tree walking	8:00 PM	Candle meditation + Journaling + Aroma

	Time	Release & Flow	Time	Release & Flow	Time	Release & Flow
	7:00 AM	Mindful movements	1:00 PM	Lunch	5:00 PM	Snack & relax
	8:00 AM	Refresh & get ready	2:00 PM	Rest	6:00 PM	Mantra meditation / Somatic movement
	9:00 AM	Curated breakfast	3:00 PM	Brain clinic – neurofeedback + rTMS	7:00 PM	Dinner
	10:00 AM	Craniosacral + Art & Expressive Therapy	5:00 PM	Forest bathing	8:00 PM	Gratitude journaling

DAY 03	Time	Strength & Confidence	Time	Strength & Confidence	Time	Strength & Confidence
	7:00 AM	Swimming - Aqua therapy	1:00 PM	Lunch	5:00 PM	Snack & unwind
	8:00 AM	Refresh	2:00 PM	Rest	6:00 PM	Reiki
	9:00 AM	Breakfast	3:00 PM	Brain clinic – neurofeedback + RTMS	7:00 PM	Dinner
	10:00 AM	Massage + EFT Tapping	4:00 PM	Gardening	8:00 PM	Candle meditation + journaling + aroma

DAY 04	Time	Nurture & Heal	Time	Nurture & Heal	Time	Nurture & Heal
	7:00 AM	Mindful eating meditation	1:00 PM	Lunch	5:00 PM	Tea & relax
	8:00 AM	Refresh	2:00 PM	Rest	6:00 PM	Sound frequency chakra meditation
	9:00 AM	Herbal drink + slow start	3:00 PM	Brain clinic – neurofeedback + rTMS	7:00 PM	Light dinner
	10:00 AM	Therapy + Visualization Therapy	4:00 PM	Gardening / Earthing activity	8:00 PM	Candle meditation + journaling + aroma

DAY 05	Time	Flow & Connect	Time	Flow & Connect	Time	Flow & Connect
	7:00 AM	Yoga and breathwork somatic flow	1:00 PM	Lunch	5:00 PM	Snack & relax
	8:00 AM	Refresh	2:00 PM	Rest	6:00 PM	Pranic Healing
	9:00 AM	Breakfast	3:00 PM	Brain clinic – neurofeedback + rTMS	7:00 PM	Dinner
	10:00 AM	Massage + Singing/Chanting	4:00 PM	Sunset walk	8:00 PM	Deep sleep flow

DAY 06	Time	Restore & Deep Rest	Time	Restore & Deep Rest	Time	Restore & Deep Rest
	7:00 AM	Yoga Nidra	1:00 PM	Lunch	5:00 PM	Snack & relax
	8:00 AM	Refresh	2:00 PM	Rest	6:00 PM	Gratitude prayer
	9:00 AM	Breakfast	3:00 PM	Brain clinic – neurofeedback + rTMS	7:00 PM	Celebration dinner
	10:00 AM	Therapy + Supportive Discussion	4:00 PM	Nature sit-spot meditation	8:00 PM	Cacao ceremony + candle meditation

DAY 07	Outing					
	NATURE EXCURSION					