



7-DAY ANGER MANAGEMENT RETREAT *Itinerary*



SERENITY WITHIN - A HOLISTIC HEALING RETREAT

DAY 01	Time	Ground & Arrive	Time	Ground & Arrive	Time	Ground & Arrive
	7:00 AM	Grounding yoga + cooling pranayama	1:00 PM	Curated Lunch	6:00 PM	Herbal Tea & Relax
	8:00 AM	Refresh & Get Ready	2:00 PM	Rest & Relax	7:00 PM	Sound Healing
	9:00 AM	Curated Breakfast	3:00 PM	Brain mapping	8:00 PM	Light Dinner
	10:00 AM	Visualisation+ Emotional Awareness Therapy	5:00 PM	Barefoot earth grounding + deep exhale practice	9:00 PM	Candle Meditation+ Journaling + Aroma

DAY 02	Time	Release & Flow	Time	Release & Flow	Time	Release & Flow
	7:00 AM	Somatic shaking + tension-release movement	1:00 PM	Lunch	6:00 PM	Herbal Tea & Relax
	8:00 AM	Refresh & Get Ready	2:00 PM	Rest	7:00 PM	Dynamic meditation
	9:00 AM	Curated Breakfast	3:00 PM	Brain clinic – neurofeedback + RTMS	8:00 PM	Dinner
	10:00 AM	Massage + Safe Anger Release Coaching	5:00 PM	Forest bathing	9:00 PM	Release writing

DAY 03	Time	Soothe & Heal	Time	Soothe & Heal	Time	Soothe & Heal
	7:00 AM	Power walking / Aqua therapy	1:00 PM	Lunch	6:00 PM	Snack & Unwind
	8:00 AM	Refresh	2:00 PM	Rest	7:00 PM	Reiki
	9:00 AM	Breakfast	3:00 PM	Brain Clinic – Neurofeedback + RTMS	8:00 PM	Dinner
	10:00 AM	Massage + Boundary & Assertiveness Coaching	5:00 PM	Gardening	9:00 PM	Breath-led calming meditation

DAY 04	Time	Reset & Rebalance	Time	Reset & Rebalance	Time	Reset & Rebalance
	7:00 AM	Mindful Eating Meditation	1:00 PM	Lunch	6:00 PM	Tea & Relax
	8:00 AM	Refresh	2:00 PM	Rest	7:00 PM	Heart-opening sound frequency healing
	9:00 AM	Herbal drink + slow start	3:00 PM	Brain Clinic – Neurofeedback + RTMS	8:00 PM	Light Dinner
	10:00 AM	Inner Child Healing Therapy for Anger Triggers	5:00 PM	Gardening / Earthing Activity	9:00 PM	Healing Aromatherapy +soft journaling

DAY 05	Time	Expand & Connect	Time	Expand & Connect	Time	Expand & Connect
	7:00 AM	Somatic flow for Emotional release	1:00 PM	Lunch	6:00 PM	Snack & Relax
	8:00 AM	Refresh	2:00 PM	Rest	7:00 PM	Pranic Healing
	9:00 AM	Breakfast	3:00 PM	Brain clinic – Neurofeedback + RTMS	8:00 PM	Dinner
	10:00 AM	Massage + Creative Expression Therapy	5:00 PM	Sunset Walk	9:00 PM	Deep sleep yoga nidra

DAY 06	Time	Restore & Celebrate	Time	Restore & Celebrate	Time	Restore & Celebrate
	7:00 AM	Restorative Yoga + long exhalation breathing	1:00 PM	Lunch	6:00 PM	Snack & Relax
	8:00 AM	Refresh	2:00 PM	Rest	7:00 PM	Gratitude Prayer
	8:00 AM	Breakfast	3:30 PM	Brain Clinic – Neurofeedback + RTMS	8:00 PM	Dinner
	10:00 AM	Silence + Reflective Writing + Nervous System Reset Therapy	5:00 PM	Tree meditation	9:00 PM	Cacao Ceremony + Candle Meditation

DAY 07	Outing					
	NATURE EXCURSION					