GOODWOOD
HEALTH & WELLBEING

Unplug & Reconnect – Men's Health Retreat Sample Schedule

Friday		
	3:00 PM	Arrival at Woodstock Suites
	3:45: PM	Welcome Talk – Alex Parsons & Dan Hugehs
	5:15: PM	Arrival Body Composition
	5:30: PM	Goodwood Functional Movement Screening
	7:15: PM	Dinner – Dining Room
	8:30: PM	Functional Breath & Sleep Training – The Snug
Saturday		
	8:00: AM	Morning Activation – Ice/Sauna Contrast Therapy – The Graden
	9:00AM	Breakfast – Dining Room
	10:15: AM	Breath Integration Talk & Workshop – Dan Hughes – The Barn
	12:30: PM	Lunch – Dining Room
	2:00: PM	Walk & Reflect
	3:30: PM	Functional Training & Coaching Session – The Barn
	5:15: PM	Free Time & Sauna Session
	7:15: PM	Dinner – Dining Room
	8:30: PM	Fireside Chat – Lounge/Patio
Sunday		
	8:30: AM	Functional Training & Coaching Session – The Barn
	10:00: AM	Breakfast – Dining Room
	11:15: AM	Decompression & Follow Up – Lounge
	12:30: PM	Departure