GOODWOOD

HEALTH & WELLBEING

Walking Retreat Sample Schedule

Sunday	
3:00: PM	Arrival at Woodstock Suites
5:30: PM	Gut Health Welcome Talk – Stephanie Moore
6:15: PM	Welcome Dinner – Dining Room
7:30: PM	Vagus Nerve - Sound Bath with Gong - Studio
Monday	
From 7:00: AM	Breakfast – Dining Room
9:30: AM	Workshop & Walk with Joanna Hall
1:00: PM	Hosted Lunch – Dining Room – Joanna Hall
2:30: PM	Gait Analysis
4:00: PM	Tailor Made Massage
6:00: PM	Dinner – Dining Room
7:30: PM	Movie Night
Tuesday	
From 7:00: AM	Breakfast – Dining Room
9:00 AM	Sauna Session & Free Time
11:00: AM	Walk & Picnic Lunch
4:00: PM	Tailor Made Massage
6:00: PM	Dinner – Dining Room
7:30: PM	Quiz Night
Wednesday	
From 7:00: AM	Breakfast – Dining Room
9:30: AM	Mindful Nature Walk
1:00: PM	Lunch – Dining Room
2:15: PM	Self- Guided Walk at Art Foundation Visit
6:00: PM	Dinner - Farmer Butcher Chef
7:30: PM	Vagus Nerve - Sound Bath with Gong – Studio
Thursday	
From 7:00: AM	Breakfast – Dining Room
10:00: AM	Shopping Collection & Departure