



RETREAT SCHEDULE

Day 1: Arrive & Unwind - A Soft Landing

Theme: Release & Receive

6:00 PM: Welcome Circle & Journaling

for Reflection

Night Activity: Candlelit Meditation &

Herbal Tea Ceremony



Relax, Refresh, Rejuvenate, Reenergize



Day 2: Reconnecting with the Body

Theme: Honouring the Journey

7:00 AM: Guided Movement Strength Flow

(Core & Pelvic Floor Focus)

8:00 AM: Wellness Workshop: Postnatal

Nutrition & Healing Foods

12:00 PM: Strength Session: Foundational

Strength (Glute & Core Activation)

5:00 PM: Self-Compassion Stretching

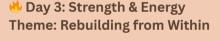
Practice & Affirmations

Night Activity: ★ (Evening free for relaxation)





Relax, Refresh, Rejuvenate, Reenergize



7:00 AM: Strength Training for Postpartum

Recovery (Lower Body Power)

8:00 AM: Wellness Workshop: Hormonal

Balance & Energy Boosting

12:00 PM: Contrast Therapy: Ice Bath & Sauna

for Circulation & Recovery

5:00 PM: Mindset Coaching - Reclaiming Your

Power

Night Activity: Group Connection Dinner &

Storytelling



C Day 4: Flow & Release

Theme: Letting Go to Create Space

7:00 AM: Beachfront Movement &

Breathwork

8:00 AM: Wellness Workshop: Womb &

Pelvic Health Awareness

12:00 PM: Strength Session: Upper Body

& Core Stability

5:00 PM: Solo Reflection Time (Journaling

& Nature Walks)

Night Activity: X (Evening free for deep

rest)





Relax Refresh Rejuvenate, Reeneraize





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Theme: Rediscovering the Lightness

Within

7:00 AM: Dance Therapy & Free

Movement Session

8:00 AM: Wellness Workshop:

Rediscovering Play & Joy as a Mama 12:00 PM: Strength Session: Full-Body

Strength & Mobility

5:00 PM: Vision Board Workshop -

Designing Your Ideal Life

Night Activity: Laughter Yoga & Cozy

Fireside Chat



Day 6: Deep Nourishment & Self-Love Theme: Filling Your Own Cup

7:00 AM: Slow Sunrise Yoga & Self-Massage

Techniques

8:00 AM: Wellness Workshop: Boundaries &

Protecting Your Energy

12:00 PM: Strength Session: Core & Pelvic

Floor Progressions

5:00 PM: Cooking Class: Simple, Healing

Meals for Mamas

Night Activity: X (Evening free for journaling

& self-reflection)





Relax, Refresh, Rejuvenate, Reenergize

MAMA RETREAT



→ Day 7: Integration & Closing

Theme: Taking This Feeling Home

7:00 AM: Mindful Walking Meditation &

Gratitude Practice

8:00 AM: Wellness Workshop: Creating a

Sustainable Self-Care Plan

12:00 PM: Strength Session: Designing Your

Personalized Strength Routine

5:00 PM: Closing Circle & Reflection

Night Activity: Farewell Celebration &

Sharing Takeaways