



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



**MAMA
RETREAT**
IN PUNTA CANA

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

🔥 Day 3: Strength & Energy
Theme: Rebuilding from Within

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



MAMA RETREAT

IN PUNTA CANA

🌊 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: ✗ (Evening free for deep rest)



☀️ **Day 5: Play & Joy**

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



MAMA RETREAT

IN PUNTA CANA

🌿 **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: ✖️ (Evening free for journaling & self-reflection)





PRESENT

Relax, Refresh,
Rejuvenate, Reenergize

MAMA RETREAT

IN PUNTA CANA



🌟 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