

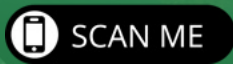


Relaxation. Activities. Development.



Thanks for joining  
Marpole Retreats.

Had an amazing time?  
Leave a review!



[marpoleretreats.com](http://marpoleretreats.com)

| [@marpoleretreats](https://www.instagram.com/marpoleretreats)

	FRI 20	SAT 21	SUN 22	MON 23
8:00		Breakfast	Breakfast	Breakfast
9:00		Smudge	Smudge	FREE
10:00		Rise & Shine Yoga	Daily Yoga Energizer	
		FREE		
11:00		Envisioning your Goal	FREE	Check-Out
12:00		FREE	Healthify your current diet	FREE
13:00		Conversation & Canapés	Lunch	
14:00		FREE	FREE	
15:00		Healthy Eating 101	Colours & Creative Canvas	
16:00	Check-in	Yoga	Your Goal Stepping Stones	
17:00	FREE	FREE	FREE	
18:00				
19:00	Welcome Dinner	Fireside Storytelling	Dinner	
20:00				
21:00	FREE	FREE	FREE	
22:00				

Massage times will be communicated to guests individually.