

# Programme



## FRIDAY

3pm  
Arrival & Unpack  
4:15pm  
Welcome Talk & Packs  
& Consultations  
5pm  
Ice Breakers  
6pm  
Dinner in St Donat's  
Castle Dining Hall  
7pm  
Sunset Walk

## SATURDAY

6:30am  
Cold Water Therapy  
7:30am  
Guided Meditation  
8am  
Breakfast  
9am  
HIIT Cardio  
10am  
Break & Snacks  
11am  
Core Training  
11:45am  
Nutrition Workshop &  
Lunch  
2pm  
Climbing  
3:30pm  
Circuit Training  
4:30pm  
Stretch & Flex  
5pm  
Walk & Reiki

## SUNDAY

6:30 am  
Cold Water Therapy  
7:30am  
Guided Meditation  
8am  
Breakfast  
9am  
HIIT Cardio  
10:30am  
Consultations



The programme is inclusive of accommodation and all meals from arrival to departure. Accommodation will be provided in modern 4 bed dormitory style single occupancy accommodation with the option to book double occupancy rooms at a discounted rate. Rooms provided are spacious with shared shower facilities and plenty of communal living space. All catering is plant-based and nutritionally balanced and will be enjoyed socially as a group. You will also receive a welcome pack on arrival which includes your wellness journey and sample food and beverage products from our favourite plant-based brands.