

SPA EASTMAN



ESSEINTRICS

Retreat

March 16th to 18th 2018

FRIDAY MARCH 16th

Note : The rooms are guaranteed for 4pm the day of the arrival.

14h30	Arrival and free time for spa services and facility use
15h-15h45	Welcome time with a guided tour
15h45-18h15	Spa's activities and free time for spa services and facility use
18h15-20h	Supper
20h-21h30	Conference – Workshop Essentrics open to all* (with possibilities of short demonstrations)

*This conference is open to all and we'll be offered in the Activities Calendar of the Spa Eastman.

SATURDAY MARCH 17th

7h30-8h	Break : muffins / fruits / coffee / herbal tea (Orford Room)
8h-9h	Workshop Essentrics - practical
9h-10h	Breakfast
10h-12h	Spa's activities and free time for spa services and facility use
12h-14h	Lunch
14h-16h	Spa's activities and free time for spa services and facility use
16h-17h30	Workshop Essentrics– theoretical and practical
18h-20h	Supper
20h	Spa's activities and free time for spa services and facility use

SPA EASTMAN

SUNDAY MARCH 18th

Note : The rooms have to be checked-out of before noon on the day of departure

7h30-10h	Breakfast
8h15-10h15	Spa's activities and free time for spa services and facility use
10h15-11h45	Workshop Essentrics – theoretical and practical
12h-14h	Lunch
14h-17h	Departure / Spa's activities and free time for spa services and facility use