



Restore Wellness Retreat

Wednesday, December 4th – Sunday, December 8th

Wednesday

14h00 -16h00 : Arrival, Check-In, and Free Time (check with front desk for guided spa tour times)
17h30 : Welcome Gathering (Lac Orford Room)
18h00 : Restorative Yoga Practice - All Levels - 75 mins (BIL)
19h30 : Dinner

Thursday

08h00 : Guided Morning Meditation and Journaling - 20 mins (BIL)
08h30 : Breakfast & Free Time
11h30 : Chakra-Balancing Vinyasa Yoga – Level 1 - 75 mins (BIL)
13h00 : Lunch & Free Time
18h00 : Restorative Yoga with Sound Bath - All Levels - 75 mins (BIL)
19h30 : Dinner

Friday

08h00: Guided Morning Meditation and Journaling - 20 mins (BIL)
08h30: Breakfast & Free Time
11h30: Restorative Yoga Practice - All Levels - 75 mins (BIL)
13h00: Lunch & Free Time
18h00: Year End Ceremony & Nordic Baths/Cold Plunge - 75 mins (BIL)
19h30: Dinner

Saturday

08h00: Guided Morning Meditation and Journaling - 20 mins (BIL)
08h30: Breakfast & Free Time
11h30: Intuitive Movement with Elody - 75 mins (BIL)
13h00: Lunch & Free Time
18h00: Yoga Nidra Guided Meditation - 35 mins (EN)
18h45: Yoga Nidra Guided Meditation - 35 mins (FR)
19h30: Dinner

Sunday

08h00: Guided Meditation and Journaling - 20 mins (BIL)
08h30: Breakfast
10h00: Gentle Movement & Good-byes - 60 mins (BIL)
12h30: Lunch

*checkout at 11am, so be sure to do so before the 11h00 movement class.