

1 DAY WEEKEND RETREAT



MORNING

SATURDAY 11 OCTOBER 2025

REGISTRATION & WELCOME

9:00 AM

Arrive, check in, and receive your personalized program guide. Enjoy a refreshing cup of herbal tea or a freshly squeezed juice as you settle in and prepare for the day ahead.

BODY SCAN & INTENTION SETTING

9:30 AM

Begin with a guided body scan assessment. You'll be led through a meditative process to connect with your physical self, identifying areas of tension and rest. This is a powerful way to set a personal intention for the workshop and the journey to come.

THE ALIGNMENT OF BODY, MIND, & SPIRIT

10:00 AM

Our lead facilitator will give an engaging talk on the interconnectedness of your physical, mental, and spiritual well-being. This session will explore how disharmony in one area can lead to burnout and how true balance is achieved through integrated selfcare.

COMFORT BREAK

10:45 AM

A quick 15-minute break to stretch your legs, use the restroom, or grab a drink.

FLOW & RELEASE (YOGA & MOVEMENT)

11:00 AM

Move your body with a one-hour Vinyasa yoga session suitable for all levels. This practice is designed to release stagnant energy, improve circulation, and help you find a deeper connection between your breath and movement.

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AFTERNOON	SATURDAY 11 OCTOBER 2025
12:00 PM	LUNCH & MINDFUL MEAL After that invigorating yoga session, you'll be ready to refuel. Enjoy a nutritious, plant based meal prepared to energize and sustain you. This is also a great time to connect with fellow participants and relax.
1:00 PM	NOURISH YOUR TEMPLE (NUTRITION WORKSHOP) With a full stomach, you can now focus on the power of food as fuel and medicine. This interactive workshop will cover the principles of mindful eating, the role of macronutrients, and simple ways to incorporate nutritious, energizing foods into your daily routine.
2:00 PM	POST-LUNCH BREAK A short break to digest and prepare for the afternoon's deep work.
2:15 PM	GOAL SETTING WITH PURPOSE This is where the real work begins. You'll be guided through a practical goal-setting session that goes beyond simple to-do lists. Learn how to set goals that are not only achievable but also aligned with your deeper purpose and values, ensuring long-term motivation and fulfilment.
3:15 PM	INTERACTIVE BREAK A moment to reflect on your goals and take a short, reflective walk or simply connect with others.

The Rebirth
FROM BURNOUT TO BALANCE
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PROGRAMME
SCHEDULE



CLOSING

SATURDAY 11 OCTOBER 2025

INTERACTIVE SESSION: SHARING YOUR JOURNEY

3:30 PM

Break into smaller groups for an open and honest conversation. Share your personal experiences with burnout and your new intentions for balance. This is a safe space to connect with others, receive support, and realize you are not alone on this journey.

CLOSING CEREMONY

4:15 PM

Gather for a final reflection and guided meditation. We will collectively seal our intentions for a balanced and purposeful life, leaving you with a sense of peace and a clear path forward.

4:45 PM

DEPARTURE

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You're one mindful choice away from a steadier pulse, sharper focus, and a refreshed sense of purpose... @mululu.x

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