

Sechelt Health Retreat Itinerary June 17-19, 2022



Friday, June 17th

3pm(ish) – Arrive at Retreat house in Sechelt -> 5944 Skookumchuk Road, Sechelt, BC V0N 3A4,

Check in and get to know other health retreaters

**If you cannot arrive until later in the evening no problem, just let me know.*

4pm – Full body circuit workout (45 min)

4:45 – Walk or Run in Hidden Grove Forest (30ish min)

5:30-6:45 – Time to shower & relax

6:45pm – Dinner

8pm – Holistic Health Workshop – We'll do a self-reflection, journaling workshop to help you review various areas of your health & life, and set up concrete goals to help you improve areas that are important to you.

9:00pm – *Evening Yoga*

Saturday, June 18th

8am – Morning circuit workout

9:00am – Shower/breakfast

11 am-ish – Leave for hike

What hike we do is somewhat dependent on the weather. If it's a clear day we'll do Mt. Daniel, a moderate rated hike. It's about 2/2.5 hr hike to a beautiful viewpoint.

If it's a rainy day we'll do a hike that is flatter and not so slippery.

Late afternoon – time to relax, read, journal, enjoy the gorgeous house & view.

6:45pm – Dinner

9pm – Evening Yoga

Sunday, June 19th

8am – Stretch & Strength – 30 min workout followed by 30 min stretch session

9:00 – Shower/Breakfast

11:00- Check out of house

Ferry back to Vancouver.

Notes:

- This is a draft itinerary to give you an idea how the weekend will run. Modifications may be made and we will go with the flow a bit throughout the weekend 😊
- **Everything is optional!** This is your retreat, so if you aren't into running or yoga, no worries you can pass on those activities.
- All workouts can be modified to every level, so no worries if you are new to fitness (or making a return to a more active lifestyle).
- We will be working out rain or shine, so please bring lots of layers and maybe an extra set of running shoes if you have them. Although fingers are crossed for a sunny weekend!
- Bring a waterbottle and a small backpack (for the hike), as well as your own yoga mat. If you have a set of weights you can bring please bring those too.
- Meal prep times will be posted once we get to the house. You can join in and learn a few new recipes or use that time for yourself and join us at mealtime.
- There will be snacks and green smoothies available throughout the day – you will be well fueled for all workouts and hikes!
- For downtime please feel free to bring a book, journal or anything else you would like that will help you relax, refresh and recharge.