



ESSEX RETREAT / **ITINERARY**

SUCCESS
— SUMMIT —

TUESDAY 28TH APRIL

4pm

Welcome & Check In

6pm

Setting Your Goals & Intention Setting

7pm

Treatments, Takeaway + Teachings



WEDNESDAY 29TH

7am till 8am

Fitness Class - A Training Session To Invigorate The Body Before We Work The Mind

8am till 9:30am

Breakfast - We'll Be Serving Up Breakfast Ready To Fuel The Day Ahead

9.30 till 11.00

Launch Lift Off

11.00 till 12.00

Becky Loto - Business Strategist - How To Boldly Brilliant

12.00 till 2.00pm

Free Time - Take Time To Eat, Network & Explore The Grounds

4.00 till 5.00pm

Finance Training

5.00 till 7.00pm

Free Time

7.00pm

The Art Of Connection

Come together for an **unforgettable evening** as we are joined by a **live singer** performing throughout the night with **sip & paint** activities, **networking & nattering, dancing & more**. You'll be greeted with a glass of fizz on arrival and food provided through out. An **amazing and lively atmosphere** to get to know other guests & unwind from the day. Bring your own alcohol if you want to turn things up a little...

THURSDAY 30TH

7am

Fitness Class - A Training Session To Invigorate The Body

8.30

Croissants & Commitments - & Spiritual Activation Session With **Joanne Cook**

10.00

Farewell To Friends - Time To Say Our Goodbyes

NOTES

Closer to the time we'll be in touch to discuss your food options and preferences, information about the incredible accomodation as well as further details about the programmes and activites we have lined up for you. We'll also send out a handy little packing list and other useful information.

Our retreats are always memorable and we can't wait to have you part of this one...

See you there

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