



RETREAT PROGRAM

MOOREA-TAHITI

7H00-
TEA/HERBAL/JUCE/FRUIT

7H30 /8H00 -
MEDITATIVE WALK /HIKE IN THE TROPICAL JUNGLE OF MOOREA, KAYAKING
OR
PRANAYAMA (1H)/ HATHA YOGA (1H)/ RELAXATION (30 MIN)

10H30/11H00 –
BRUNCH & FREE TIME *

12H/ 13H- WORKSHOP
DISCOVER YOUR INNER PEACE
MEDITATION/ PHILOSOPHY/ SINGING BOWL THERAPY
AWARENESS AND FREE SPIRIT LECTURE AND DISCUSSIONS

13H30 - WORKSHOP
DISCOVER YOUR BODY
HAWAIIAN MASSAGE (DEEP TISSUE)
THAI MASSAGE
TAO YOGA & MASSAGE/ DO-IN

15H- 15H30
SWEET SNACKS & TEA
FREE TIME*

17H00- VEGAN COOK WORKSHOP
18H30 – SUNSET YOGA
19H15- DINER

* SUGGESTIONS SCUBA DIVING, PRIVATE ISLAND TOUR, TAHITIAN DANCE SHOW
ON EXTRA FEE

**1 DAY IN THE WEEK IS DEDICATED TO SHOPPING AND GIFT
THIS PROGRAM CAN BE MODIFIED ON REQUEST**

