



LIVE A LONGER, FULLER, BOLDER LIFE

RETREAT AGENDA: JUNE 24 – JUNE 28, 2024

	MONDAY 24 DAY 1	TUESDAY DAY 2	WEDNESDAY DAY 3	THURSDAY DAY 4	FRIDAY DAY 5
7:00 AM					
8:00 AM				Huertas Experience	Successfully implement your new Blue Zones lifestyle.
9:00 AM	Resort Yoga <i>Activity schedule</i>	Resort Yoga <i>Activity schedule</i>	Resort Yoga <i>Activity schedule</i>		
10:00 AM		Blue Zones' wisdom to bring more happiness into your life			
11:00 AM	Resort Wellness <i>Activity schedule</i>				
12:00 PM			Blue Zones Intro Cooking Class Lunch @ Patio. 11:00-2:00		
1:00 PM					
2:00 PM		Retreat Intro: Blue Zones story & Power 9			
3:00 PM	Resort Wellness <i>Activity schedule</i>	Resort Wellness <i>Activity schedule</i>	Resort Wellness <i>Activity schedule</i>	Resort Wellness <i>Activity schedule</i>	Resort Wellness <i>Activity schedule</i>
4:00 PM					
5:00 PM	Retreat Intro: Blue Zones story & Power 9	Blue Zone Intro & Cooking Class Dinner @ Events Patio 4:30-7:30	Blue Zones tips to nurture your relationship and make friends as an adult	Cacao Ceremony, Purpose workshop & breathwork 3:30-6:30	Cacao Ceremony, Purpose workshop & breathwork 3:30-6:30
6:00 PM					

Blue Zones workshops

Eat wisely