



Inhale Exhale Women Retreat Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5
07:30 – 09:00		Morning Session	Morning Session	Morning Session	Closing Session
11:00		Breakfast	Breakfast	Breakfast	Breakfast
15:00 – 18:00	Intro tour, registration & Opening Session	Afternoon Session	Afternoon Session	Afternoon Session	
19:00	Dinner				