FULL-DAY EXAMPLE:

A full-day wellness retreat (7 hours, 45 minutes) designed to reduce stress and improve well-being, communication, work culture and overall health.

7:45-8:10 AM  Meet for Welcome + Introductions + Agenda
8:15-8:45 AM  Morning Physical Activity (choose from menu of options*)
8:50-9:15 AM  Post-Activity Light Breakfast + Values & Motivation Activity: Why We Are Here
9:20-10:25 AM Mindfulness Session (choose from menu of options*)
10:30-10:45 AM RD Approved Snack Break
10:50-11:50 AM Resiliency Tactics Presentation (choose from menu of options*)
12:00-1:30 PM  RD Approved Healthy Eating Plate Lunch with Cooking Demo
Optional Chair Massages during 60-minute lunch
1:35-2:35 PM  Wellness Presentation (choose from menu of options*)
2:40-2:55 PM  Outdoor Movement Break
2:55-3:30 PM  Reflection + Wrap up

*See other side for menu of options
FULL-DAY EXAMPLE:

Retreat Menu Options

Morning Physical Activity
1. Yoga
2. Pilates Mat
3. Stretch and Strengthen
4. Core
5. Circuit Training
6. Hike

Mindfulness Activity
1. Everyday Mindfulness
2. Mindfulness, Wellness and Performance
3. Mindfulness & Implicit Bias
4. Mindfulness & Responding to Stress

Healthy Eating Plate Lunch
MEAL:
1. Vegetarian
2. Vegan
3. Meat options
4. Others: Seasonal fresh, healthy crockpot

TOPIC:
1. Healthy Eating Plate
2. Intuitive & Mindful Eating
3. Nutrition 101
4. PlantFULL Eating
5. Office Eating Culture

Resiliency Tactics Presentation
1. Positive Psychology
2. Psychological Flexibility

Wellness Presentation
1. Goal Setting with the Wellness Wheel
2. Fitting Fitness into your Busy Schedule
3. Creating Healthy Wellness Challenges