



REVITALIZE
RETREATS

Cornwall Retreat

Sample Itinerary

Friday

Arrival from 4pm Onwards

18:30 Movement

20:30 Dinner & Welcome

Saturday

08:00 Power & Poise

10:00 Brunch

11:00 Cycle to Padstow

13:00 Lunch in Padstow

14:00 Coastal Walk

18:00 Yin Yoga

20:00 Dinner

21:30 Yoga workshop

Sunday

08:00 Calisthenics

10:00 Brunch

11:00 Coastal walk to Port Isaac

13:00 Lunch in Port Isaac

17:00 Afternoon Tea/ Massage

18:30 Posture & Alignment

20:00 Dinner

21:30 Nutritional Talk

Monday

07:30 Balance

09:00 Breakfast

10:00 Departure from the house

Day to explore more of beautiful Cornish Coastline

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Not included:

Travel to house

Massage £20 per 30 mins

Cycle hire £15

Private yoga sessions



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