

## OASIS CREATIVE WELLNESS RETREAT ITINERARY

### DAY 1: Friday, 21 January

Check in opens	3:00 pm
<i>BREAK/FREE TIME</i>	3 - 6:00pm
Welcome & Intention setting	6:00 pm
<b>DINNER</b>	6:45 pm
Session #1: Intro to the Artist's Way & Basic Tools	7:30 - 8:30 pm

### DAY 2: Saturday, 22 January

<b>EXERCISE</b> (Pilates on the dock)	7:30 am
<b>BREAKFAST</b> and Morning Pages	8:00-9:30 am
Session #2: Shadow Artist & Artist Dates	9:30 - 10:30am
Personal Creative/Free Time/Creation Stations	10:30 - 12noon
<b>LUNCH</b>	12:00 noon
Session #3: Artist's Way	1:00 - 3:00pm
<i>BREAK/FREE TIME</i>	3:00 - 5:00pm
<b>DINNER</b>	5:30 pm
Session #4: Clearing/Intuitive Therapeutic Painting	6:30 pm
Gratitude/Reflection Circle	7:30 pm

### DAY 3: Sunday, 23 January

<b>EXERCISE</b> (pilates on the dock)	7:30 am
<b>BREAKFAST</b> and Morning Pages	8:30 am
Session #3: Vision 2022 Workshop	9:30—11:30am
<i>BREAK/FREE TIME</i>	11:30—12:30pm
<b>LUNCH</b>	12:30 pm
FREE TIME:	12:30-2:00 pm
Session #6: Soul Essence	2:00 pm
Session #7: Soul Essence Canvas	3:30 pm
<i>BREAK/FREE TIME</i>	4:30 pm
<b>DINNER</b>	6:30 pm
Reflection Circle & Bonfire	7:30 pm

### DAY 4: Monday, 24 January

Breakfast	8:00 am
Morning Pages	9:00 am
Session #8: Rhythms & Commitments	9:30 am
<i>BREAK/FREE TIME</i>	11:00 am
LUNCH & Packing	12:30 pm
FREE TIME	1:00pm
CHECK OUT	3:00 pm

FREE TIME: You can do anything you like during free time including Spa Services, Creative activities, Sleep, Relax, Pool & Outdoor time, Creation Stations with art materials/supplies, Kayaks, Beach walks and elective sessions throughout the retreat (Essential Oils for Emotions, Nutrition workshop etc)

