

MINDFULNESS, MEDITATION & YOGA 2.0
WELLNESS RETREAT WITH TRACEY DELFS

RETREAT ITINERARY

Days	Activity
OCTOBER 19: Arrival Day	
4:00 PM – 6:30 PM	Arrival and check-in
7:30 PM – 9:00 PM	Welcome Reception – small snacks, drinks and welcome note from Tracey Delfs
OCTOBER 20	
8:00 AM – 9:00 AM	Mindful-Flow Yoga with Tracey Delfs – suited for all levels
9:00 AM – 9:15 AM	Smoothie
9:15 AM – 9:45 AM	Meditation Class with Tracey Delfs – suited for all levels
9:45 AM – 10:30 AM	Group Breakfast
10:45 AM – 11:45 AM	Discussion on how to overcome obstacles within your meditation and mindfulness practices with Tracey Delfs
12:00 PM – 12:50 PM	Mindful Nature Walk – connecting with nature & yourself with Tracey Delfs (in silence)
1:00 PM – 2:00 PM	Group Lunch with Tracey Delfs (partially in silence)
2:00 PM – 5:00 PM	Free time
5:00 PM – 5:45 PM	Discussion on Mindfulness self-care
5:45 PM – 6:30 PM	Meditation and deep relaxation class
7:15 PM – 8:45 PM	Group Dinner and informal Q&A's with Tracey Delfs
OCTOBER 21: Departure Day	
8:00 AM – 9:00 AM	Mindful-Flow Yoga with Tracey Delfs – suited for all levels
9:00 AM – 9:15 AM	Smoothie
9:15 AM – 9:45 AM	Meditation Class with Tracey Delfs – suited for all levels
9:45 AM – 10:30 AM	Group Breakfast
10:45 AM – 11:45 AM	Discussion on how to take your meditation and mindfulness practices to the next level in your daily life with Tracey Delfs
12:00 PM – 12:50 PM	Mindful Nature Walk – connecting with nature & yourself with Tracey Delfs (in silence)
1:00 PM – 2:00 PM	Group Lunch with Tracey Delfs (partially in silence)
2:00 PM	Departure