

BEFRIENDING YOUR BODY WITH MINDFUL EATING

RETREAT WITH DR. SUSAN WNUK & CHAU DU

RETREAT ITINERARY

Days	Activity
OCTOBER 26: 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 Dr. Susan Wnuk & Chau Du
OCTOBER 27 & 28	
7:30 AM – 8:30 AM	Morning yoga session (optional)
8:30 AM – 10:30 AM	Breakfast on your own
10:30 AM – 12:30 PM	Morning session with Dr. Susan Wnuk & Chau Du
12:30 PM – 4:00 PM	Free time, lunch voucher
4:00 PM – 6:00 PM	Afternoon session with Dr. Susan Wnuk & Chau Du
6:00 PM – 7:00 PM	Relaxation time, getting ready for dinner
7:00 PM – 9:00 PM	Group dinner and informal Q&A's with Dr. Susan Wnuk & Chau Du
OCTOBER 29: Departure Day	
7:30 AM – 8:30 AM	Morning yoga session (optional)
8:30 AM – 10:30 AM	Breakfast on your own
10:30 AM – 11:30 AM	Farewell session with Dr. Susan Wnuk & Chau Du
12:00 PM	Check-out