

Business Retreat Winterberg 24- 26th of August 2018

FRIDAY • DAY 1

13.00	Welcome guests, introductions, cases Welcome (videopresentation & presentation Ruud, team, guests)
15.00	INCHECK guests in rooms
17.00 - 18.30	Breath and relaxation/ meditation, mindfulness session * creative writing
18.30	Diner
21.00 - 21.30	Silent walk
End of program	

SATURDAY • DAY 2

7.00 - 8.30	Yoga
8.30/ 9.00 – 10.00	Breakfast
10.00 – 11.30	Cases
11.30 - 13.00	Teambuilding session
13.00	Lunch
15.00	Painting workshop with conforming meditation and essential oils
18.30	Diner
20.00 – 21.30	Workshop aromatherapy
End of program	

SUNDAY • DAY 3

7.00 - 8.30	Yoga
8.30/ 9.00 – 10.00	Breakfast
* CHECK OUT *	
11.00- 12.00	Completion cases
12.00 – 13.00	Final touch on painting or text/ story/ other creative project etc.
13.30	Evaluation
13.30 – 15.00	* (mindful) LUNCH *
	End of retreat, 'goodbye'

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Highlights retreat:

<https://www.vitallifeconnection.com/business-retreat>