

SAMPLE DAY

The Resilient Woman Retreat

a Women's Hormone Health & Wellbeing Retreat

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| 08.30 | Strength and Conditioning — Training set to your level to begin the day. |
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| 09.30 | Breakfast — AYURAH Light Detox cuisine, or individualised fasting options. |
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| 11.00 | Pilates — Core strength, posture and controlled movement. |
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| 12.30 | Lunch — AYURAH Light Detox cuisine, or individualised fasting options. |
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| 15.00 | Mindfulness — A guided session for nervous-system rest. |
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| 17.00 | Lymphatic Massage — Your private therapeutic treatment for the day. |
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| 19.00 | Dinner — AYURAH Light Detox cuisine, with a focus on gut health. |
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| 21.00 | Sleep Turndown Ritual — A quiet close to the day and preparation for restful sleep. |
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This is an example day; your days are adapted to you.