

**Saturday
Arrival and Welcome**

Welcome to UGWA: on arrival at Bel Marina registrations are open from 10.00am - 2.00pm

Late afternoon session: Opening Address at 4pm

At night: Welcome dinner & event (inc)

Breakfast, Lunch, a Welcome and Closing Event, 5 Lunches and 3 Dinners are included. Drinks when specified. All allergies and intolerances are catered for.

**Wednesday
Adventure & Fun!**

Today is the day to experience whatever YOU want - you may want to relax ALL day by the pool with new found friends or you can choose from activities* like:

Tours to be released and are at your own expenses

At night: Relax or join our Sound Bath

**Sunday
Friendship and Connection**

Early Morning Session: Yoga, Walking or Meditation or BODYART

Late Morning session: Wisdom Speaker and from the stage workshop. Workshop Time

Early afternoon session: Wisdom Speaker Session (Could it be you?) & Themed Sister Circles

Late afternoon session: Free time

At night: Dinner at Mango Mango (inc)

**Thursday
Health, Life and Play**

Early Morning Session: Yoga, Walking or Meditation or BODYART

Late Morning session: Wisdom Speaker and from the stage workshop. Workshop Time

Early afternoon session: 1 x Workshop & Themed Sister Circles

Late afternoon session: Free time

At night: Dinner at (inc)

**Monday
Family Ties**

Early Morning Session: Yoga, Walking or Meditation or BODYART

Late Morning session: Wisdom Speaker and from the stage workshop. Workshop Time

Early afternoon session: Sister Circles
Free time - An Bang Beach

Late afternoon session: Beach excursion

At night: Dinner at An Bang beach own cost

**Friday
Celebration of Life**

Early Morning Session: Yoga, Walking or Meditation or BODYART

Late Morning session: Wisdom Speaker and from the stage workshop. Workshop Time

Early afternoon session: Closing Ceremony and Connection

Late afternoon session: Free time

At night: Join us for our closing celebration (inc)

**Tuesday
Growth and Confidence**

Early Morning Session: Yoga, Walking or Meditation or BODYART

Late Morning session: Wisdom Speaker and from the stage workshop. Workshop Time

Early afternoon session: Workshop
Sister Circles

Late afternoon session: Free time

At night: Dinner River Cruise (inc)

**Saturday
Until next time!**

Enjoy a last walk, catch up over breakfast before departing the retreat at 10:30am.

We look forward to seeing you next year!

Each workshop slot, there will be 4 x enlightening workshops to choose from. Some will be repeated so you won't miss out.