

RETREAT

9:00	Welcome + Introduction
9:15	Check-In
10:00	Corporate Kindness
10:45	WORKSHOP 1
11:30-12:00	Lunch
12:00-1:00	Staff Meeting
1:00	WORKSHOP 2
2:00	WORKSHOP 3
3:00	Breathwork and Meditation Practice
4:00	CLOSE of Retreat

