

PURE Health Retreat

HALF MOON BAY
MARCH 7-10



DAY 1 - THURSDAY

Welcome to HMB

Arrival check in at 6-7pm

- Session 1: Meet the Health Coach, Your Top 3 Health Goals
 - Session 2: Shamanic Astrology Readings
 - Session 3: Yoga Nidra - The Definition of Yoga Nidra & Practice
- Dinner

DAY 2 - FRIDAY

Let's Go Inward & Then Explore

Morning Breakfast bars

- Session 1 - Yoga Flow Class (all levels welcome)

Hike to The Magic Forest

- Session 2 - Meditation at the top of the trail on historic log
- Session 3 - Shamanic Astrology Readings
- Session 4 - Yoga Nidra - Energy Healing
- Session 5 - 1:1 Life Coaching Sessions

Dinner

DAY 3 - SATURDAY

Relax, Relax, Relax

Morning Breakfast Banana Bars

- Session 1 - Yoga Flow Class (all levels welcome)
- Session 2 - Walk the house grounds, hike the Pacific Coast trail or read a book/journal in the living room
- Session 3 - 1:1 Life Coaching & Astrology Sessions

Dinner

Enjoy the Evening

DAY 4 - SUNDAY

Welcome to HMB

- Session 1 - Yoga For Hips & Meditation (all levels welcome)
- Session 2 - Share your contact information with new friends, Goodbye Ceremony
- Session 3 - Check out 11am

Melissa Redd Pure Health Retreats

info@melissaredd.com

pure.melissaredd.com

