

NIUE YOGA, WELLNESS & ADVENTURE RETREAT – OCTOBER 2017

PROGRAMME OUTLINE

	Friday 20 October	Saturday 21 October	Sunday 22 October	Monday 23 October	Tuesday 24 October
Morning	Depart Auckland (Saturday 21 October NZ time)	Sunrise Yoga Breakfast Nutrition/Wellbeing Workshop #1	Sunrise Yoga Breakfast Nutrition/Wellbeing Workshop #2	Sunrise Yoga Breakfast Nutrition/Wellbeing Workshop #3	Sunrise Yoga Breakfast
Lunch		Healthy Lunch	Healthy Lunch	Healthy Lunch	Healthy Lunch
Afternoon	Arrive Niue 2.45pm Friday 20 October (local time) Retreat Opening Orientation Yoga session	Explore Niue programme* Massages Free time Sunset Yoga	Explore Niue programme* Massages Free time Sunset Yoga	Explore Niue programme* Massages Free time Sunset Yoga	Depart to Auckland (arrive Wednesday 25 October NZ time)
Evening	Welcome dinner	Dinner	Dinner	Farewell Dinner	

**Explore Niue programme includes whale watching, guided forest and garden tour, and hosted or self-guided activities including swimming, snorkelling and visits to other attractions on Niue, this programme needs to be separately booked and is an additional cost.*

For more information or to book visit www.niueisland.com/calendar/yoga