

Sample Day - 2

10:00 – 12:00

Mindfulness meditation workshop –
managing overthinking

12:00 – 13:00

BYO lunch utilising our fully equipped
kitchette

13:00 – 15:00

Team strategy meeting

15:00 – 15:30

Tea, coffee, & cake

15:30 – 17:00

Gentle yoga with relaxation