

# Men's Mental Health Retreat

17-19TH MARCH, 2023

Stress, Longevity

and

Performance



PRESENTED BY  
THE LIGHTHOUSE RETREAT  
& MENTL

mentl



# What's included?

- ALL SESSIONS AND ACTIVITIES, PLANT POWER VEGAN FOOD PROGRAMME - BREAKFAST + LUNCH + DINNER, REFRESHMENTS AND HERBAL TEAS
- ACCOMMODATION WITH OUR 5-STAR PARTNER, THE RADISSON BLU ON MARJAN ISLAND
- THE LIGHTHOUSE RETREAT WELCOME PACK AND GIVEAWAYS



# PACKAGE

- 3 DAY RETREAT/ 2 NIGHTS ACCOMMODATION
  - AED 3,999PP SINGLE ROOM
  - AED 3,499PP DOUBLE/TWIN ROOM

# Friday

- 13:00 ARRIVAL & CHECK IN
- 13:30 LUNCH
- 14:00 LAGOON SWIM AND SUNDECK CHILL
- 16:00 DESERT WALK
- 17:30 DINNER
- 18:30 DESERT FIRE SIDE CHAT AND CIRCLE




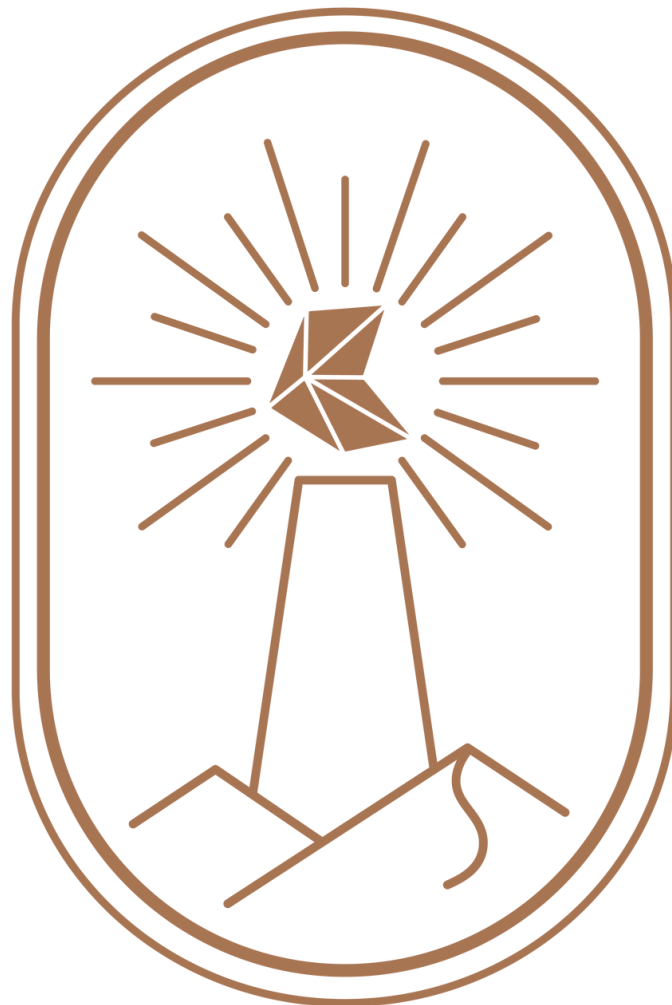


# Saturday

- 08:00 TEA & CHECK IN
- 08:30 LAGOON STAND UP PADDLE BOARDING
- 10:15 BREAKFAST
- 11:00 WORKSHOP: FOOD & FASTING
- 12:00 SUN DECK CHILL OUT
- 13:00 LUNCH
- 13:30 SUN DECK CHILL OUT
- 15:00 DETOX: FIRE & ICE
- 16:30 HEALING: POWER OF SOUND
- 17:30 DINNER

# Sunday

- 08:00 TEA & CHECK IN
  - 08:30 FITNESS: STRETCHING
  - 10:15 BREAKFAST
  - 11:00 WORKSHOP: FIND YOUR BALANCE
  - 13:00 LUNCH
  - 13:30 REST AND REFLECTION
  - 15:00 DETOX: FIRE & ICE
  - 16:30 HEALING: REIKI
  - 17:30 END OF RETREAT
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- A faint, light-colored silhouette of three people standing on a hill, with their arms raised in a celebratory gesture. The figure on the left is a woman in a dress, the middle one is a person in a long-sleeved top, and the right one is a man in a t-shirt. They are positioned behind the lower part of the text list.



# The Lighthouse

## RETREAT



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