

# Men's Wellness Retreat

3RD JUNE, 2023

Performance, Longevity  
and  
Stress Management



PRESENTED BY  
THE LIGHTHOUSE RETREAT  
& MENTL

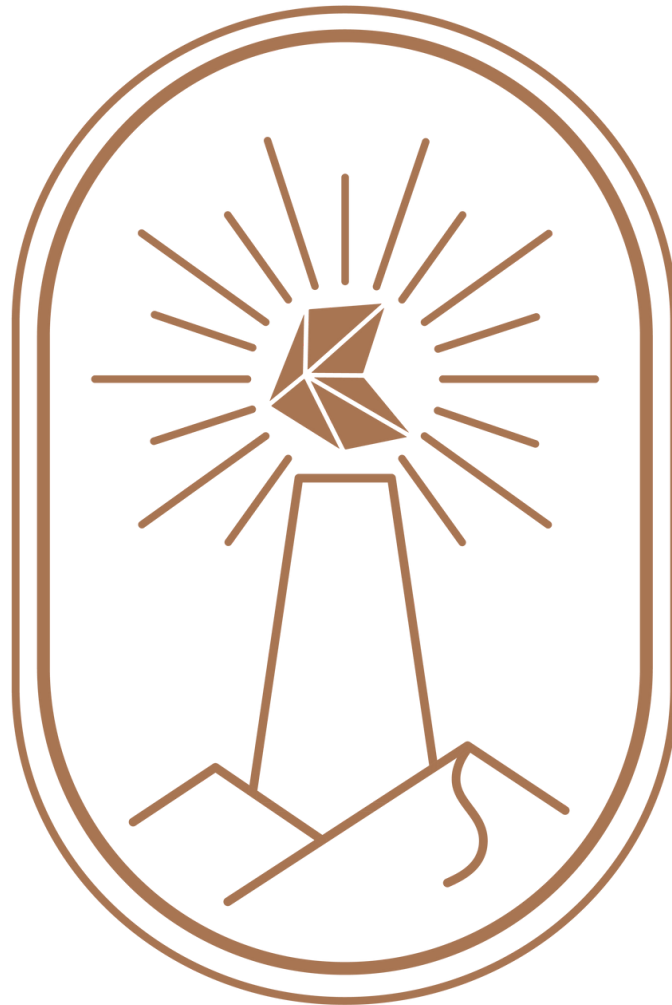
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# What's included?

- ALL SESSIONS AND ACTIVITIES, PLANT POWER VEGAN FOOD PROGRAMME - BREAKFAST + LUNCH + DINNER, REFRESHMENTS AND HERBAL TEAS
- SPECIAL PROGRAMME FOCUSED ON MEN'S HEALTH, PERFORMANCE & LONGEVITY
- THE LIGHTHOUSE RETREAT WELCOME PACK AND GIVEAWAYS
- 1,250AED PER PERSON

# Saturday

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



The Lighthouse  
RETREAT



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