

1<sup>ST</sup> DAY

THURSDAY, APRIL 16



ARRIVAL &amp; ALIGNMENT

11.00 - 13.00	INITIAL WELLNESS CONSULTATION WITH DIETITIAN MÜGE BOZOK  BODY COMPOSITION ANALYSIS  WELCOME HEALTHY ELIXIR  ROOM CHECK-IN & TIME TO UNWIND
14.00 - 15.00	<b>LUNCH</b>
15.30 - 16.30	YOGA WITH EZGİ DİNÇSOY: INNER RHYTHM
16.30 - 17.30	<b>HEALTHY SNACK &amp; TEA TIME</b>
18.00 - 19.00	INTENTION & AFFIRMATION RITUAL WITH EZGİ DİNÇSOY
19.30 - 20.30	<b>DINNER</b>
21.30	PROBIOTIC SUPPLEMENT & HERBAL SLEEP TEA

2<sup>ND</sup> DAY

FRIDAY, APRIL 17

FLOW &amp; RENEWAL

07.40	MORNING REVITALIZING DRINK
07.45 - 08.00	FOCUSING BREATHWORK & MEDITATION WITH EZGİ DİNÇSOY
08.00 - 09.30	NATURE WALK
09.30 - 10.30	<b>HEALTHY BREAKFAST</b>
11.00 - 12.30	FACE SCULPTING WORKSHOP WITH ELİF KUTLU
12.30 - 13.30	LEISURE TIME  
13.30 - 14.30	<b>LUNCH</b>
14.30 - 15.30	LEISURE TIME  
16.00 - 17.00	HERBAL BALM MAKING WORKSHOP WITH NURISH ATELIER
17.15 - 18.15	YOGA WITH EZGİ DİNÇSOY: FLOW & RENEW
19.00 - 20.30	<b>DINNER</b>
20.30 - 21.30	SOUND HEALING SESSION WITH CAN DEDEOĞLU
21.30	PROBIOTIC SUPPLEMENT & HERBAL SLEEP TEA

3<sup>RD</sup> DAY

SATURDAY, APRIL 18

INNER JOURNEY &amp; RESTORATION

07.40	MORNING REVITALIZING DRINK
07.45 - 08.00	BALANCING BREATHWORK & MEDITATION WITH EZGİ DİNÇSOY
08.00 - 09.30	MATE BIKE TOUR or NATURE WALK*
09.30 - 10.30	<b>HEALTHY BREAKFAST</b>
10.30 - 12.30	LEISURE TIME  
12.30 - 13.30	SUSTAINABLE HEALING PLANTS WORKSHOP WITH TAYFUN OTUKFALAY
13.30 - 14.30	<b>LUNCH</b>
14.30 - 16.00	LEISURE TIME  
16.00 - 17.30	HEALTHY SNACKS WORKSHOP WITH REVNA SARIGÜL & MÜGE BOZOK
18.00 - 19.00	MAT PILATES
19.00 - 20.30	<b>DINNER</b>
20.30 - 21.30	INNER JOURNEY EXPERIENCE WITH ESRA AYTEN
21.30	PROBIOTIC SUPPLEMENT & HERBAL SLEEP TEA

\*Two Options Available

4<sup>TH</sup> DAY

SUNDAY, APRIL 19

BALANCE &amp; COMPLETION

07.40	MORNING REVITALIZING DRINK
07.45 - 08.30	REFRESHING BREATHWORK & MEDITATION WITH EZGİ DİNÇSOY
08.00 - 09.30	NATURE WALK
09.30 - 10.30	<b>HEALTHY BREAKFAST</b>
11.00 - 12.30	FINAL WELLNESS CONSULTATION WITH DIETITIAN MÜGE BOZOK
12.30 - 13.30	<b>HEALTHY SNACK BREAK</b>
	DEPARTURE FROM D-RESORT GÖCEK