

## All is Well

## Sample Itinerary

Escape and come to the beautiful Haliburton Highlands for a wellness weekend with **Woodland Vista** - a retreat that honours our natural ecosystems by trying to 'live more lightly. This adventure will focus on healthy, nutrient dense/whole foods, movement stillness and connections with nature.

### Day 1:

- 4:00 - 5:00 p.m. Welcome reception/refreshments
- 5:30 - 6:30 p.m. **Earthwalk** - connecting with nature
- 7:00 p.m. Nutrient dense dinner/opening comments

### Day 2:

- 8:00 - 8:30 a.m. Dr. Oz's stretching/flexibility exercises OR personal walk in nature
- 9:00 - 10:30 a.m. Hands-on nutrient dense breakfast
- 11:00 - 4:00 p.m. Sustainable Recreation with **Yours Outdoors**  
e.g; '**Pedal Your Arts**' (integrating art, culture and cycling - 10 km) includes a Heritage lunch
- 4:30 - 5:30 p.m. R.R.R. & R. (rest, relax, rejuvenate, resources)
- 6:00 - 8:00 p.m. Hands-on nutrient dense dinner
- 8:00+ p.m. Campfire, reading, R.R.R. & R.

### Day 3:

- 8:00 - 8:30 a.m. Dr. Oz's exercises OR personal walk in nature
- 9:00 - 10:30 a.m. Hands-on nutrient dense breakfast
- 10:30 – noon Dr. Fuhrman's nutrient dense foods & his Eat to Live DVD
- 12:30 - 2:00 p.m. Hands-on nutrient dense lunch

2:00 - 3:00 p.m.     **Earthwalk** - enhancing observation skills & time for solitudes

3:00 - 3:30 p.m.     Conclusions/closure

**Please note:** This Itinerary may change. Programming provided by Woodlands Vista.