

**Saturday  
Arrival and Welcome**

**Welcome to UGWA:** on arrival at Club Med registrations are open from 10.00am - 2.00pm

**Late afternoon session:** Opening Address at 4pm

**At night:** Welcome dinner & event (inc)

Breakfast, Lunch, a Welcome and Closing Event and 3 Dinners are included. Drinks when specified . All allergies and intolerances are catered for.

**Wednesday  
Adventure & Fun!**

Today is the day to experience whatever YOU want - you may want to relax ALL day by the pool with new found friends or you can choose from activities\* like:

Tours to be released and are at your own expenses

**At night:** Relax or join our Sound Bath

**Sunday  
Friendship and Connection**

**Early Morning Session:** Yoga, Walking or Meditation or BodyArt

**Late Morning session:** Wisdom Speaker and from the stage workshop. Workshop Time

**Early afternoon session:** Wisdom Speaker Session (Could it be you?) & Themed Sister Circles

**Late afternoon session:** Free time

**At night:** Dinner at Mango Mango (inc)

**Thursday  
Health, Life and Play**

**Early Morning Session:** Yoga, Walking or Meditation or BodyArt

**Late Morning session:** Wisdom Speaker and from the stage workshop. Workshop Time

**Early afternoon session:** 1 x Workshop & Themed Sister Circles

**Late afternoon session:** Free time

**At night:** Dinner at (inc)

**Monday  
Family Ties**

**Early Morning Session:** Yoga, Walking or Meditation or BodyArt

**Late Morning session:** Wisdom Speaker and from the stage workshop. Workshop Time

**Early afternoon session:** Sister Circles  
Free time - An Bang Beach

**Late afternoon session:** Beach excursion

**At night:** Dinner at An Bang beach own cost

**Friday  
Celebration of Life**

**Early Morning Session:** Yoga, Walking or Meditation or BodyArt

**Late Morning session:** Wisdom Speaker and from the stage workshop. Workshop Time

**Early afternoon session:** Closing Ceremony and Connection

**Late afternoon session:** Free time

**At night:** Join us for our closing celebration (inc)

**Tuesday  
Growth and Confidence**

**Early Morning Session:** Yoga, Walking or Meditation or BodyArt

**Late Morning session:** Wisdom Speaker and from the stage workshop. Workshop Time

**Early afternoon session:** Workshop  
Sister Circles

**Late afternoon session:** Free time

**At night:** Dinner River Cruise (inc)

**Saturday  
Until next time!**

Enjoy a last walk, catch up over breakfast before departing the retreat at 10:30am.

We look forward to seeing you next year!

Each workshop slot, there will be 4 x enlightening workshops to choose from. Some will be repeated so you won't miss out.