

MENTAL HEALTH RETREAT *Planner*

Retreat date:

Retreat location:

- Notebook
- Yoga mat
- Essential oils
- Herbal tea
- Books/magazines
- Candles
- Music
- Clothes
- Workout gear
- Overnight bag
- Youtube videos
- Spa products
- Goodie bag
- Meals, drinks, snacks
- Autoreply for emails
- Eye mask
- Local workshops
- Meetups/Virtual Meetups
- Massage appointment
- Yoga classes
- Expert sessions
- Other:

NOTES

FRIDAY

SATURDAY

SCHEDULE

4PM

5PM

6PM

7PM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

MEAL PLAN SUNDAY

8AM _____

9AM _____

10AM _____

11AM _____

12PM _____

1PM _____

2PM _____

FRIDAY DINNER:

SATURDAY BREAKFAST:

SATURDAY LUNCH:

SATURDAY DINNER:

SUNDAY BREAKFAST:

SUNDAY LUNCH: