

**BLISSED OUT & BLESSED RETREAT    NOV. 30—DEC. 5, 2023**  
**@ HUDHUFAS VILLAS                      THODDOO, MALDIVES**

<b>THURS., Nov. 30</b>	<b>Day 1: WELCOME</b>
4:00 pm	Speedboat from Male airport to Thoddoo
5:30 pm	Arrive at Hudhufas Villas
7:00 pm	Dinner
8:00 pm—9:00 pm	Opening Ceremony: Intention
<b>FRI., Dec. 1</b>	<b>Day 2: HARMONY &amp; BALANCE</b>
7:30 am	Hatha yoga
8:45 am	Breakfast
10:00 am	Workshop: Body Intelligence
11:30 am	Free time. Lunch on your own.
4:00 pm	Family Constellation: Body, Mind, Emotions
6:15 pm	Dinner
7:30 pm	TRE® (tension-trauma release exercises)
<b>SAT., Dec. 2</b>	<b>Day 3: SPIRITUAL HYGIENE</b>
7:30 am	Hatha yoga
8:45 am	Breakfast
10:00 am	Workshop: Cleansing & Clearing Your Energy
11:30 am	Free time. Lunch on your own.
4:30 pm	Qigong + meditation at the beach
6:15 pm	Dinner
7:30 pm	Breathwork + Energy Work Awakening

<b>SUN., Dec. 3</b>	<b>Day 4: ABUNDANCE— JOY, CREATIVITY &amp; LOVE</b>
7:30 am	Hatha yoga
8:45 am	Breakfast
10:00 am	Workshop: Ego vs. Soul Path
11:30 am	Free time. Lunch on your own.
4:30 pm	Laughter Yoga
6:15 pm	Dinner
7:30 pm	Family Constellation: Gifts and Resources
<b>MON., Dec. 4</b>	<b>Day 5: INTEGRATION</b>
7:30 am	Hatha yoga
9:00 am	Breakfast
10:00 am	Workshop: Next steps
11:30 am	Free time. Lunch on your own.
4:30 pm	Family Constellations: Past, Present, Future
5:45 pm	Dinner on the beach
7:00 pm	Closing Ceremony
<b>Wed., Dec. 5</b>	<b>Day 6: GRATITUDE</b>
7:00 am	Speedboat departs from Thoddoo to MLE
8:30 am	Breakfast