



Sober Beach Retreat 2024

Day 1 Thursday 13th June

16.00 Arrival / Check-in - Unpack, settle in & explore the Beach House and its surroundings, your home during this retreat

18.00 Welcome drink & tour

20.00 Freshly prepared buffet-style dinner

21.00 Introductory chat with N/A cocktails by the pool, followed by a sunset stroll on the beach for whoever is up for it!

Day 2 Friday 14th June

08.30 – 09.40 'Unravel from your travel' Gentle Yoga practice

09.45 Freshly prepared breakfast

10.30 – 12.30 Guided walk on the famous trail 'Gran Senda de Málaga'

14.00 Fresh and healthy lunch

15.00 Time for chillaxing; relax at the pool, go paddle surfing, have a massage (at extra cost), read, go for a run, swim and/or write

18.30 Pre-dinner N/A Bubbly Hour on the terrace

19.30 Freshly prepared buffet-style dinner

20.30 Sunset Stroll on the beach

Day 3 Saturday 15th June

08.30 – 09.40 Sunrise Yoga practice

09.45 Freshly prepared breakfast

10.30 - 14.30 Time to hit town! Trip into the beautiful city of Malaga for coffee and a stroll (beautiful architecture & museums and cute little shops!)

14.30 Fresh and healthy lunch

15.30 Time for chillaxing; relax at the pool, go paddle surfing, have a massage (at extra cost), read, go for a run, swim and/or write

18.00 Sound Healing - Guided Meditation

19.30 Freshly prepared buffet-style dinner

20.30 Sunset Stroll on the beach or N/A drinks on the terrace, while reminiscing about the retreat, *and sobriety in general*, with your new sober buddies

Day 4 Sunday 16th June

08.30 - 09.40 Yoga practice with Lori

09.45 Freshly prepared breakfast

10.30 You Time... Soak up those last sun rays at the pool!

12.00 Time for goodbyes & check-out