



## Sobertopia Beach Retreat 2025

### Day 1 Saturday 7th June

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

**18.30** Welcome drinks

**19.00** Freshly prepared buffet-style dinner

**20.00** Introductory group chat with N/A cocktails by the pool

### Day 2 Sunday 8th June

**07.30 – 08.30** Sunrise Yoga with Lori

**08.45** Freshly prepared breakfast

**10.00 – 12.00** Padel Tennis Class plus Free Play

**12.00 – 19.00** Time to unwind... Lounge at the pool, go paddle surfing, get a massage (at extra cost), read a book, go for a run, write in your Sobertopia journal, swim in the sea... Rincón is your oyster!

**14.30** Fresh and healthy lunch

**17.00 – 18.00** Guided Journaling Session by the pool with N/A cocktails (option to share/discuss prompts and answers in your Sobertopia Worksheets)

**19.00** Pre-dinner N/A Bubbly Hour by the pool

**19.30** Freshly prepared buffet-style dinner

**20.30** Sunset Stroll on the beach

### Day 3 Monday 9th June

**08.00** Freshly prepared breakfast

**09.00 – 10.30** Sound Healing - A relaxing, guided meditation

**10.30 – 13.00** Me-time at the villa

**13.00 – 16.30** We're hitting town... Trip into the beautiful city of Malaga for lunch, tapas style, in a typical Spanish restaurant, followed by a stroll (Malaga has beautiful architecture, cute little shops, and a great mediterranean vibe!)

**17.00 – 18.00** Pool time!

**18.00 – 19.00** Sunset Yoga with Lori

**19.30** Freshly prepared buffet-style dinner

**20.30** Closing group chat on the terrace with delicious N/A bubbly

### Day 4 Tuesday 10th June

**08.00** Freshly prepared breakfast

**12.00** Time for check-out & goodbyes