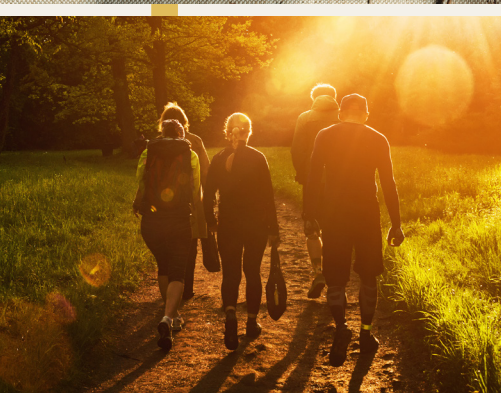


THE SANDMAN

3-DAY CORPORATE RETREAT



- DAY 1** 4p..... Arrivals and Check-in
- 5-7p..... Dinner on Own
- 8-9p..... S'mores & Intention Setting at the Fire Pit

- DAY 2** 7-8a..... Morning Yoga & Meditation
- 8-9a..... Breakfast
- 9a-12p..... Guided Journaling/Goal Setting
- 12-1p..... Boxed Group Lunch
- 1-3p..... Herbs, Tea & Wellness Seminar
- 3-7p..... Free Time/Dinner on Own
- 7-9p..... Group Game Night

- 7-8a..... Morning Yoga & Meditation
- DAY 3** 8-9a..... Breakfast
- 9-9:30a..... Transportation Off-Site
- 9:30-11a..... Morning Hike/Fitness & Nature Stroll
- 11-11:30a..... Transportation Back to Sandman
- 12:30-1p..... Departures

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