

Mental health day

Date: July 23, 2026

Timeline

08:30 – 09:00 Welcome & Morning Check-in

Guests arrive, collect their wellness gift bags, and settle into the calm atmosphere of the retreat center.

Location: Main Lobby, Serenity Wellness Center

09:00 – 09:45 Keynote Talk: Cultivating Daily Mindfulness

Dr. Elena Vance shares practical, science-backed strategies for managing everyday stress and staying grounded.

Location: Lotus Auditorium

10:00 – 11:00 Gentle Flow Yoga & Breathwork

An all-levels yoga session focused on gentle movement, tension release, and deep diaphragmatic breathing.

Location: Zen Garden Studio

11:00 – 11:30 Herbal Tea & Nourishing Break

Enjoy a curated selection of organic herbal teas, fresh fruit, and energy-boosting snacks in the sunny courtyard.

Location: Bamboo Courtyard

11:30 – 12:30 Creative Art Therapy Workshop

Express emotions and relieve anxiety through hands-on painting and sketching guided by an experienced art therapist.

Location: Art Studio B

12:30 – 13:30 Mindful Plant-Based Lunch

Savor a fresh, nutritionally balanced buffet designed to support gut health and sustain mental energy.

Location: Oasis Dining Hall

13:45 – 14:30 Sound Bath & Deep Relaxation

Rest comfortably on yoga mats while acoustic vibrations from crystal singing bowls promote profound mental rest.

Location: Sanctuary Hall

14:45 – 15:45 Panel Discussion: Burnout Prevention & Boundaries

Mental health professionals discuss strategies for establishing healthy work-life boundaries and avoiding burnout.

Location: Lotus Auditorium

16:00 – 16:45 Guided Nature Bathing Walk

Take a silent, sensory walk through private woodland trails to reconnect with nature and decompress.

Location: Pine Trail Forest

17:00 – 17:30 Closing Circle & Reflection

Gather for a final wrap-up session to share insights and toast to continued self-care with warm chamomile elixir.

Location: Sunset Terrace