

FiT Life

C r e a t i o n

RETREAT SERIES

BUSINESS N BEACHES



AGENDA

DAY 1: ARRIVE

6 PM DINNER + WELCOME

ACTIVITY: PURPOSE + SPACE

DAY 2: SERVICE + CONTENT

7 AM YOGA / MEDITATION

8 AM HEALTH EXPERIENCES

10 AM MONEY EXPERIENCES

12 PM LUNCH + ACTIVITY

1PM FREE TIME

**3PM COMMUNITY SERVICE
FAVELAS**

6 PM DINNER + RELAX

DAY 3: WORKSHOPS + SUNSETS

8 AM MEDITATION + GRATITUDE

9 AM HEALTH EXPERIENCES

**10 AM SOCIAL MEDIA SYNDICATION
VIDEO SCRIPTS + ACTION**

12 PM LUNCH + FREE TIME

1 PM BEACH + SUGAR LOAF

6 PM DINNER + INTERVIEWS

DAY 4: VIEWS OF BUSINESS

**6 AM BREAKFAST +
CHRIST REDEEMER**

11 AM LUNCH + POOL TIME

2PM BILLIONS + BUSINESS PLAN

6 PM DINNER + RELAX

DAY 5: BUSINESS + PHOTOSHOOTS

8 AM MEDITATION + GRATITUDE

9 AM BREAKFAST + BOWLS

10 AM BUSINESS PLAN

12 PM LUNCH + LOUNGING

**3PM PHOTOSHOOT + SOUVENIRS
7PM DINNER**