

# **FIT** Life

C r e a t i o n

## RETREAT SERIES

TRANSFORM + TRAVEL



### 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 +  
HIGHLIGHTS**



**DAY 3: WORKSHOPS + SUNSETS**

**8 AM MEDITATION + GRATITUDE**

**9 AM HEALTH EXPERIENCES**

**10 AM IN A DAY FLOW + POP UP**

**12 PM LUNCH + FREE TIME**

**2 PM COURSE CREATION  
VIDEOS + FILMING**

**5 PM DINNER + HIGHLIGHTS**

**BEACH + PHOTO SHOOT + FREE TIME**

**DAY 4: VIEWS OF BUSINESS**

**6 AM BREAKFAST + YOGA**

**8 AM TECH + TOOLS**

**11 AM LUNCH + POOL TIME**

**1 PM COURSE CREATION +  
TESTIMONIALS**

**6 PM DINNER + RELAX/ACTIVITY**

**DAY 5:\*\* CREATING A LIFE + BIZ**

**7 AM BREAKFAST + BOWLS**

**8 AM BUSINESS + BILLIONS**

# FIT Life

C r e a t i o n

## TRANSFORM + INSPIRE RETREAT SERIES

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TRANSFORM + TRAVEL



10 PM LUNCH + LOUNGING

1-4PM . POP UP SERIES

4PM . TOWN / SUGAR LOAF

### AGENDA

DAY 6: FUN DAY / WRAP UP

7 AM BREAKFAST +  
CHRIST REDEEMER

11 AM LUNCH + 90 DAY

1PM FREE TIME AT VILLA  
/ ON YOUR OWN

6PM DINNER + SPA PARTY/  
SUGAR LOAF

DAY 7: DEPART