

SAMPLE DAY

The Executive Peak Performance Retreat

an Executive Burnout Recovery & Stress Reset

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- 08.30 **Strength and Conditioning** — An activating session to start the day, set to your level.
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- 09.30 **Breakfast** — AYURAH Light Detox Menu.
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- 11.00 **Floatation Experience** — A private floatation session for deep physical rest.
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- 12.30 **Lunch** — AYURAH Light Detox Menu.
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- 15.00 **Tai Chi** — Slow, grounding movement in the afternoon.
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- 17.00 **AYURAH Crown Massage** — Your private therapeutic treatment for the day.
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- 19.00 **Dinner** — AYURAH Light Detox Menu, planned around the link between gut health and stress.
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- 21.00 **Sleep Turndown Ritual** — A quiet close to the day and preparation for restful sleep.
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This is an example day; your days are adapted to you.