

# Post Global Wellness Summit Retreat Day 1

## *Choose Retreat Programming: Wellness or Development Track*

**6:45-7:30am** | Sunrise Mindfulness Meditation  
*at the Labyrinth*

**8:00-9:00am** | Movement of Choice: Yoga, Pilates or Peloton  
*at One Mado*

**9:00-10:30am** | Breakfast  
*at Halsa*

**10:30am- 12:00pm** | Community Walk with Steve Nygren: About Serenbe and Mado  
*beginning at One Mado*

**12:00-1:30pm** | Lunch  
*at The Hill*

**1:30-3:00pm** | *Wellness Track*  
Nature Experience of Choice: Horseback Trailride to Waterfall  
*beginning at the Horse Barn by the Inn,*  
Trail Hike to the Ruins *leaving from the General Store*

*Development Track*  
Concept to Reality, Zoning and Funding Walking Tour with Steve  
Nygren *beginning at The Hill*

**3:00-4:30pm** | *Wellness Track*  
Spa Treatments  
*at the Spa at Serenbe & Creek Retreat*

*Development Track*  
Land Plans, Streetscapes, Transects, Sacred Geometry  
with Phill Tabb *at One Mado*

**5:00-6:00pm** | Personal Time

**6:00-7:30pm** | Reception with Steve Nygren  
*9070 Selborne Lane*

**7:30- 10:00pm** | Dinner  
*at The Farmhouse*

# Post Global Wellness Summit Retreat Day 2

## *Choose Retreat Programming: Wellness or Development Track*

**6:45-7:30am** | Sunrise Mindfulness Meditation  
*at Mado's Sunrise Hill*

**8:00-9:00am** | Movement of Choice: Yoga, Pilates or Peloton  
*at One Mado*

**9:00-10:30am** | Breakfast  
*at Halsa*

**10:30am- 12:00pm** | *Wellness Track*  
Meet with Healer or Wellness Coach *at One Mado*

*Development Track*  
Green Infrastructure Walk *beginning at Halsa*

**12:00- 3:00pm** | *Wellness Track*  
Farm Tour with Farmer Ian and Cooking Class Lunch  
with Chef Nic in Grange

**12:00- 1:00pm** | *Development Track*  
Lunch at Halsa

**1:00-2:00pm** | *Development Track*  
Farms, Rodale Institute, Health

**2:00-3:00pm** | *Development Track*  
Serenbe Institute, Arts & Event Programming  
*at the Art Farm*

**3:15-4:00pm** | *Development Track*  
Wellness as a Foundation

**4:00-4:30pm** | Sweet Serenbe Reception  
*at the Farmhouse*

**4:30pm** | Departure