

## Day 1

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CHECK-IN

COMPANY FORUM MEETING

SUNSET YOGA WITH HELEN LOWE

PRIVATE DINNER @ SHALIMAR  
OUTDOOR TERRACE

## Day 2

PICK UP TO FOSSIL ROCK

HIKE, BREATH WORK AND ICE WITH  
BENOIT DEMUEDEMEESTER

BREAKFAST

FORUM MEETING WITH  
COFFEE BREAK

LUNCH

HEALTH & WELLNESS  
WORKSHOP PRACTICES

PRIVATE BONFIRE & DINNER  
IN TENTED VILLA

## Day 3

MORNING YOGA & MEDITATION

INVIGORATE GROUP  
TRAINING SESSION

BREAKFAST

MASSAGES

LUNCH

HEALTH & WELLNESS  
WORKSHOP PRACTICES

GRATITUDE PRACTICE

DINNER

BEFITREAT

# Corporate 3 Day Retreat Sample - Dubai