

BREAK THE BURNOUT LOOP RETREAT ITINERARY

Saturday, 1st Nov. 2025

9:00AM - 9:30AM	INTRODUCTION AND FIND YOUR RESOURCE ANCHOR
9:30AM - 9:45AM	TOILET BREAK
9:45AM - 10:30AM	BREAK THE PATTERN AND KNOW YOUR WORTH BY: INGRID GALLOWAY
10:30AM - 10:45AM	TOILET BREAK
10:45AM - 12:00PM	FIND YOUR BLING AND BUILD A MEANINGFUL FRIENDSHIP WITH A NEW TRIBE BY: INGRID GALLOWAY
12:00PM - 1:00PM	LUNCH BREAK
1:00PM - 1:45PM	EMPOWERING YOUR INNER BEAUTY BY: LIONIE CHENHALL
1:45PM - 2:15PM	GUIDED MEDITATION, MOVEMENT AND STRETCHING SESSION BY: INGRID GALLOWAY
2:15PM - 3:15PM	AFTERNOON READ/NAP
3:15PM - 4:15PM	HEAL FROM YOUR BAGGAGE AND FIND YOUR CLARITY THROUGH VISION WALKING BY: INGRID GALLOWAY
4:15PM - 4:45PM	GROUP SHARING & HOMEPLAYS

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Sunday, 2nd Nov. 2025

9:00AM - 9:30AM	MORNING SHARE AND FIND YOUR RESOURCE ANCHOR
9:30AM - 9:45AM	TOILET BREAK
9:45AM - 10:45AM	SMART PROPERTY INVESTING: 7 STEPS TO FINANCIAL CONFIDENCE BY: MARIA MICALLEF
10:45AM - 11:00AM	TOILET BREAK
11:00AM - 11:45AM	HEAL YOUR BODY THROUGH THE POWER OF ESSENTIAL OILS BY: AMANDA EIBL/MANDIE
11:45AM - 12:15PM	GUIDED MEDITATION, MOVEMENT AND STRETCHING SESSION BY: INGRID GALLOWAY
12:15PM - 1:15PM	LUNCH BREAK
1:15PM - 2:15PM	MANIFEST YOUR FUTURE BY: INGRID GALLOWAY
2:15PM - 2:30PM	TOILET BREAK
2:30PM - 3:30PM	FUN COOKING CLASS BY: INGRID GALLOWAY & ANDREW SHADWICK
3:30PM - 3:45PM	TOILET BREAK
3:45PM - 4:15PM	GROUP SHARING & HOMEPLAYS
4:15PM - 4:45PM	Q & A