

BREAK THE BURNOUT LOOP RETREAT ITINERARY

Saturday, 23rd May 2026

9:00AM - 9:45AM	●	INTRODUCTION AND FIND YOUR RESOURCE ANCHOR
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, 24th May 2026

9:00AM - 9:30AM	MORNING SHARE AND FIND YOUR RESOURCE ANCHOR
9:30AM - 9:45AM	TOILET BREAK
9:45AM - 10:45AM	PROPERTY 101: YOUR BLUEPRINT FOR BUILDING LASTING WEALTH BY: MARIA MICALLEF
10:45AM - 11:00AM	TOILET BREAK
11:00AM - 11:45AM	THE INNER CONNECTION BY: AMANDA EIBL/MANDII
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