

THE
INSPIRED
UNIVERSITY

Retreat
ITINERARY





WHO'S THIS RETREAT FOR?

You know there's something more to this life.
You feel the niggles deep down that never seem to go away.
You're ready to take a step forward that opens the door to the life
you have always dreamed of.
A life where your potential is realized and you blow your own mind
on what's possible.

WHERE?

MUSCAT, OMAN

Reconnect and reinvigorate your senses in a place of incredible natural beauty. From rugged mountains to vibrant emerald waters, across powdery sand beaches, Oman has something special for all who visit. You'll have the time of your life.

WHEN?

OCTOBER 9TH 2024





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Day 1: Mindful Arrival

- 8:00 AM - 9:00 AM: Welcome Breakfast and Registration
- 9:00 AM - 10:30 AM: Opening Ceremony and Introduction to The Inspired Transformation
- 10:30 AM - 12:30 PM: The Code, Introduction -1st Session
- 12:30 PM - 1:30 PM: Lunch
- 1:30 PM - 3:30 PM: Workshop: Understanding Your Mind
- 3:30 PM - 5:00 PM: Afternoon Tea - Body Transformation - 1st Session
- 7:00 PM: Welcome Dinner

Day 2: Body-Mind Connection

8:00 AM - 9:00 AM:	Morning Yoga
9:00 AM - 10:30 AM:	The Code, Processing - 2nd Session
10:30 AM - 12:30 PM:	Transformational Body Therapy Session
12:30 PM - 1:30 PM:	Lunch
1:30 PM - 3:30 PM:	Workshop: Embracing Change
3:30 PM - 5:00 PM:	Transformation Meditation
7:00 PM:	Group Dinner

Day 3: Emotional Wellness

8:00 AM - 9:00 AM:	Group Session
9:00 AM - 10:30 AM:	Emotional Intelligence Workshop
10:30 AM - 12:30 PM:	The Code, Relationships - 3rd Session
12:30 PM - 1:30 PM:	Lunch
1:30 PM - 3:30 PM:	Transformational Body Therapy Session
3:30 PM - 5:00 PM:	Transformation Meditation
7:00 PM:	Dinner

Day 4: Empowerment and Growth

- 8:00 AM - 9:00 AM: Morning Hike
- 9:00 AM - 10:30 AM: Workshop: The Code, Money -4th Session
- 10:30 AM - 12:30 PM: Creative Expression Workshop
- 12:30 PM - 1:30 PM: Lunch
- 1:30 PM - 3:30 PM: Transformational Body Therapy Session
- 3:30 PM - 5:00 PM: Transformation Meditation
- 7:00 PM: Farewell Dinner



Day 5: Integration and Departure

8:00 AM - 9:00 AM:	Final Transformation Meditation
9:00 AM - 10:30 AM:	Integration Session: Bringing It All Together
10:30 AM - 12:30 PM:	Closing Ceremony
12:30 PM - 1:30 PM:	Farewell Lunch
1:30 PM	Check-out and Departure