Virtually There Events

UNPLUGGED

Programme · 18–20 October · Martinborough

DAY ONE · Sunday 18 October · Arrival

From 3:00pm	Arrival, 18 October
4:00pm-ish	Drinks, canapés and wine tasting
TBC	The Starting Point, facilitated by Tania. We find our shared theme for the retreat.
6:30pm	Dinner and conversation, Tirohana Estate restaurant
Evening	Free time: relax, chat or read. If the weather's clear, Charlotte Harding's dark sky reserve walk may happen tonight instead of Monday.

DAY TWO · Monday 19 October · Full Day

7:00am	Rise and Shine: yoga, a walk, or however you like to start the day
8:00am	Breakfast
9:00am	The Next Move: facilitated workshop. One clear next move to carry through the retreat.
10:30am	Break
11:00am–12:00pm	Nutrition workshop with Sarah Percy, Eat Nutrition
12:00pm-ish	Lunch
1:00–1:30pm	Open: travel back into Martinborough for the Ventana session
1:30–4:00pm	Wallflowers: giant flower-making with Bec Mackie, Ventana Art Studio
4:00pm	Nothing programmed. Back to the house for a casual first-day debrief, or walk, read and journal as you like
6:30pm	Dinner, Tirohana Estate restaurant
Evening	Free time: relax, chat, stargazing, or read. Charlotte Harding's dark sky reserve walk, weather permitting (unless it happened Sunday instead)

DAY THREE · Tuesday 20 October · Departure

7:00am	Rise and Shine
8:00am	Breakfast
9:00am	Next Level: what does the next level actually look like for your business?
10:30am	Morning tea

11:00am–12:30pm	Business Conversations Panel with Claire Wells, Rachel Riddle, and Jo Kempton
12:30–1:30pm	Lunch, panellists join
1:30–2:00pm	Next Steps: a letter to yourself, sealed on the spot and posted back in the new year
~3:00pm	Depart