

Halekulani Okinawa
Oct 20-26, 2024

Power 9 Principles

RIGHT OUTLOOK	EAT WISELY	CONNECT	MOVE
Purpose	Friends at 5	Right Tribe	Move Naturally
Downshift	Plant Slant	Loved Ones First	
	80% rule	Belong	

	Day 1 - Oct 20 SUNDAY	Day 2 - Oct 21 MONDAY	Day 3 - Oct 22 TUESDAY	Day 4 - Oct 23 WEDNESDAY	Day 5 - Oct 24 THURSDAY	Day 6 - Oct 25 FRIDAY	Day 7 - Oct 26 SATURDAY	
7:00 AM		7 am - 8 am Walk in nature (Optional)	7 am - 8 am Morning Yoga (Optional)	7 am - 8:30 am Sunrise or Morning Sabani boat seiling followed by meditation	7 am - 8 am Walk in nature (Optional)	7 am - 8 am Breathwork (Optional)	Downshift + Breakfast at leisure	
:15								
:30		8 am - 9 am Breakfast	8 am - 8:30 am Nutritional Guidance Awareness		8 am - 9 am Breakfast	8 am - 9 am Breakfast		
:45			8:30 am - 9:30 am Breakfast	8:30 am - 9:30 am Breakfast				
8:00 AM		Downshift			9 am - 3:30 pm Discover the Island's Sprit & Plant Slant Lunch	Downshift		
:15		9:30 am - 10:30 am Workshop: Blue Zones Retreat Introduction		Downshift				
:30		Downshift	9:30 am - 12 pm Okinawan Karate	10 am - 12 pm Mocktail Workshop		9:30 am - 11:30 am Yachimun Pottary Street Walk		
:45		11 am - 1 pm Arts & Craft Rakuso Time and Sanshin Workshop	Downshift					
9:00 AM			12:30 pm - 3 pm Plant Slant Lunch at Garamanjaku	12 pm - 3 pm Vegetable Sushi Cooking Class Lunch		11:30 am - 2:30 pm Nutritional Guidance Cover 5 Superfoods & Friends Cooking Together Cooking Class Lunch by a <u>vegetable</u> <u>sommelier</u>		12 pm: DEPARTURE
:15								
:30		1 pm - 2:15 pm Plant Slant Lunch						
:45		Downshift Use facilities (pools, beach walk, etc)						
10:00 AM			Downshift	Downshift		2.30 pm - 4.30 pm Workshop: Successfully implement your new Blue Zones lifestyle		
:15	3 pm ~: ARRIVAL							
:30		4:15 pm - 6:15 pm Workshop: Blue Zones' wisdom to bring more happiness into your life	4:15 pm - 6:16 pm Workshop: Developping a Blue Zones outlook to embrace your wellbeing journey	4:15 pm - 6:15 pm Workshop: Explore your purpose and unlock your full potential through Blue Zones tools	Downshift			
:45								
11:00 AM		6:15 pm - 6:45 pm Friends at 6	6:15 pm - 6:45 pm Friends at 6	6:15 pm - 6:45 pm Friends at 6	5:45 pm - 6:45 pm Friends Meet for Tea Ceremony	5:30 pm - 7:30 pm Plant Slant Course Dinner		
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:30	6:45 pm - 7:45pm Plant Slant Dinner	6:45 pm - 7:45pm Plant Slant Dinner	6:45 pm - 7:45pm Plant Slant Dinner	6:45 pm - 7:45pm Plant Slant Dinner				
:45			7:45 pm - 8:45 pm Cultural Awareness (Optional)	7:45 pm - 8:45 pm Japanese Board Games (Optional)		7:45 pm - 8:45 pm End of retreat celebration		
12:00 PM								
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