



## Health Optimisation Programme

### Full-Week (example)

	0800	0900	1000	1200	1300	1400	1600	1700
Monday	Move	Nourish	Move	Recovery	Lunch	Sleep & Circadian	Move	Sports Massage
Tuesday	Move	Nourish	Mindset	Move	Lunch	Move	Sports Massage	Recovery
Weds	Move	Nourish	Move	Sports Massage	Lunch	Sleep & Circadian	Recovery	Move
Thursday	Move	Nourish	Mindset	Move	Lunch	Sports Massage	Move	Recovery
Friday	Move	Nourish	Move	Sports Massage	Lunch	Sleep & Circadian	Recovery	Move

### Important Information

Organic Cold Pressed Juices, and Alkaline Water are included for optimal hydration.

This is available 1-1, or in your own personal group of 2-4 people.

You can set the Day up as you wish, changing timings or elements as you like.

Dates are available to suit your preferred times / holiday.

Please get in touch, via the website, to see about availability and pricing.

