

♀ Modified Geriatric Mental Health Retreat Plan

 Retreat Overview

Venue: 4-Star Hotel (Rugganj)

Duration: 2.5 Days

Who are coming: Elderly individuals seeking relaxation, mindfulness, and rejuvenation

Focus: Mindfulness, Yoga, nurturing practices, meditation, and journaling

 Day 1: Arrival and Relaxation

Morning

- 10:00 AM - 12:00 PM: Arrival and Welcome

- Guests check in at the retreat venue and enjoy a warm welcome.
- Orientation and introduction to the retreat's agenda (what we are going to do: it is (A HAPPINESS PRACTICES IN OUR DAILY LIFE))

Afternoon

- 12:00 PM - 1:00 PM: Healthy Lunch

- A nutritious buffet featuring local and organic ingredients.

- 1:00 PM - 2:00 PM: Rest & Relaxation

- Time for guests to settle in, explore their rooms, or enjoy the hotel amenities.
- 4:00 PM - 5:00 PM: Gentle Yoga Session: On increasing body flexibility as per the age of attendees
 - Led by a certified instructor

- 5:00 PM - 6:00 PM: Mindfulness: Grounding practices observing the process of good feelings throughout the body each and every part

- 6:00 PM - 7:00 PM: Reframing challenges and seeking purpose according to ages of Attendees

- An interactive session "Promoting Resilience" depending on age of the attendees

- 7:00 PM - 8:00 PM: Healthy Dinner

- A thoughtfully prepared dinner with vegetarian options.

- 8:00 PM - 9:00 PM: Evening Reflection

- Group discussion about the day's experiences, sharing intentions, and fostering adaptability for the retreat.

Day 2: Deepening Practices

Morning

- 6:30 AM - 8:00 AM: Nature Walk

- A gentle morning walk with keen observation as well as description (voiceover in a small group)

- 8:30 AM - 9:30 AM: Healthy Breakfast

- Nutritious breakfast options with local fruits and whole grains.

Mid-Morning

- 9:30 AM - 11:00 AM: Mindfulness Workshop

- Introduction to mindfulness practices and techniques that can be applied in daily life: what's skill and how's skill with practices –bringing back the morning experiences to understand the whole process.

Afternoon

- 11:00 AM - 1:00 PM: Yoga Session

Body Scan-breathing –OM sound-bringing happiness in Body and Mind-Deep relaxation

- 1:00 PM - 2:00 PM: Nutritious Lunch

- A delicious lunch featuring healthful ingredients.

- 4:00 PM - 5:30 PM: Creative Expression Workshop

- Tree of life-memories travel –guided memory by themselves- a dedicated session focusing on guided journaling prompts that encourage self-discovery and emotional expression.

-- 6:00 PM-7pm:

- Activities such as painting or journaling to nurture the mind and encourage self-expression with musical impression

- 6:30 PM - 8:00 PM: Evening Campfire Gathering

- An informal gathering with stories, soft music, and group sharing increasing Group Cohesion as well as communication with a purpose—**Practising Gratitude** for lifelong Learning, community acknowledgement, career, experiences etc as per age of ATTENDEES.

- 8:00 PM - 9:00 PM: Dinner

 Day 3: Closing and Departure

Morning

- ****6:30 AM - 8:30 AM****: Tai-Chi practices after Nature Walk

- A calming effect in body and Mind

- ****8:30 AM - 9:30 AM****: Breakfast

- A sending-off breakfast with nutritious options.

****Mid-Morning****

- ****9:30 AM - 10:30 AM****: Closing Circle

- Reflect on the retreat experiences, express gratitude, and discuss ways to incorporate practices learned into daily life.

- ****10:30 AM - 12:00 PM****: Check Out

- Guests check out with the option to take home wellness kits (e.g., yoga mats, herbal teas, mindfulness journals).