

# RABOT HOTEL

## ARRIVAL DAY

**5:00pm**

Check-in  
& Hot Chocolate  
(Reception)

**6:00pm**

Dinner  
with entertainment  
(Rabot Restaurant)

**7:30pm**

Body Tapping /  
Massage & Sound bath  
(Movement Studio)



## DAY ONE

**6:00am:**

Meet at Drink Station  
(Reception)

**6:30am - 7:30am:**

Yoga & Meditation

**8:00am - 10:00am:**

Breakfast & Ayurveda  
Masterclass Part 1  
(Rabot Restaurant)

**12:30pm - 1:00pm:**

Lunch  
(Rabot Restaurant)

**3:00pm - 4:30pm**

Estate tour with  
sustainability talk  
(Meet at Reception)

**5:15pm - 6:15pm**

Sunset Dinner  
(Rabot Restaurant)

**7:00pm - 8:00pm**

Soundbath  
(Seederie)

## DAY TWO

**6:00am:**

Meet at Drink Station  
(Reception)

**6:30am - 7:30am:**

Yoga & Meditation

**8:00am - 10:00am:**

Breakfast & Ayurveda  
Masterclass Part 2  
(Rabot Restaurant)

**11:00am - 4:00pm**

Luxury Beach Club  
with Beach BBQ

**5:15pm - 6:15pm**

Sunset Dinner  
(Rabot Restaurant)

**6:30pm - 7:30pm**

Soundbath  
(Project Chocolat)

## DAY THREE

**6:00am:**

Meet at Drink Station  
(Reception)

**6:30am - 7:30am:**

Yoga & Meditation

**8:00am - 10:00am:**

Breakfast & Ayurveda  
Masterclass Part 3  
(Rabot Restaurant)

**12:30pm - 4:00pm:**

Project Chocolat & Lunch  
(Project Chocolat)

**5:15pm - 6:15pm**

Sunset Dinner  
(Rabot Restaurant)

**6:30pm - 7:30pm**

Soundbath  
(Project Chocolat)

## DAY FOUR

**6:00am:**

Meet at Drink Station  
(Reception)

**6:30am - 7:30am:**

Yoga & Meditation

**8:00am - 8:45am:**

Breakfast  
(Rabot Restaurant)

**9:00am - 10:30am**

Sulphur Springs Trip  
(Meet at Reception)

**12:30pm - 1:30pm:**

Lunch  
(Rabot Restaurant)

**6:00pm - 7:00pm**

Soundbath at Sunset  
(Ridgehouse)

**7:15pm - 8:15pm**

Dinner  
(Rabot Restaurant)

## DAY FIVE

**6:00am:**

Meet at Drink Station  
(Reception)

**6:30am - 7:30am:**

Yoga & Meditation

**8:00am - 8:45am:**

Breakfast  
(Rabot Restaurant)

**9:00am - 10:30am**

Botanical garden visit with  
Jasmine  
(Meet at Reception)

**Departure**

(Shower / Change facilities  
available - Spa)

