



Itinerary Highlights

Below is an overview of the planned itinerary. A one hour development coaching session is offered as part of the journey.

- Day 1* Arrive in Nadi
Overnight stay at the Novotel Airport Hotel
- Day 2* Arrive in Yasawa
Welcome and orientation
Guided tour of the resort
Hike to the lookout
Cocktails by the pool, Serenading & Sunset
- Day 3* Welcome Breakfast - Orientation & Themes and Goals Workshop
Church visit at local village
Enjoy complimentary Yasawa massage
Poolside Sunday BBQ Lunch - Introducing Journal writing
Discover Scuba Diving (Optional for those who book as part of package)
Mindful meditation / Relaxation Session
Cocktails, Serenading & Sunsets
Dinner under the stars - weather permitting
- Day 4* Breakfast - Theme - Discovery Workshop
Cultural village tour
Visit local school
Mindful Meditation / Relaxation session
Snorkeling
Dinner & Fijian Serenading
- Day 5* Breakfast - Theme - Exploring Options Workshop
Blue Lagoon Cave trip and snorkeling
Mindful Meditation / Relaxation session
Cocktails, Serenading & Sunsets
Dinner under the stars - weather permitting
- Day 6* Breakfast - Theme - Overcoming Obstacles Workshop
Spa Treatment - Facial or Massage
Cultural Walk
Fijian night preparation
Frond weaving
Fiji cooking lesson
Meditation / Relaxation session
Cocktails, Serenading & Sunsets
Celebration Farewell Fijian Dinner
- Day 7* Final Breakfast - Theme - Take Action Challenge Workshop
Depart Yasawa and return to Nadi
Shopping in Nadi Town / Shopping Denarau Marina with Jacks
Overnight stay at the Novotel Airport Hotel
- Day 8* Breakfast and check out - Transfer to International airport
Check in for flight and depart for home