



Restore & Renew Weekend Itinerary

Thursday

Evening

4 PM—Welcome & Arrival (mocktail drinks, biodynamic wines)

5:30 PM—Quick notes/intros/itinerary for the weekend, followed by food and live music/band until 7:30 PM

Friday

Morning

8 AM—Breakfast (local tea selections, discuss benefits for fertility & mingle)

10 AM—Poolside couples yoga session

Afternoon

11 AM-1 PM—Live Demo/Interactive Meal plan + prep/How to cook the same thing with different flavor profiles/options for variety with Chef Antonio Albano

1PM - 2PM — “It Takes Two” Fertility Talks - 30 minutes together, break out men & women with Dr. Patel speaking to the men, Dr. Trisha speaking with the women

2PM - 4PM - Free time and add-on enhancements available (IVs, massages, in-person consultations)

4PM — another couples activity - All White Cocktail & Mocktail Hour

Evening

5 PM—Dinner on your own/Free time *Explore downtown Bluffton

Saturday

Morning

8 AM—Breakfast

10 AM—Poolside Movement & Sound Bath with Laurel

9 AM-11 AM—Table for questions with fertility consultant | in-kind gifts and snacks available

Afternoon

11 AM-1 PM—Lunch on your own/Free time

1 PM-4 PM—Free time (couples massages, IVs, add-ons available)

Evening

5 PM—community dinner/ Hibachi with Alex from Aloha

6:30 PM-9:30 PM—Fireside (s'mores)/ Poolside chats\

Sunday

Morning

8 AM—Breakfast

9-11 AM — Mingle, couples relax, Dr. Trish available for chats with the couples

Afternoon

12 PM—Checkout/Farewell