



REDDINGTON
BEACH RESORT

WOMEN'S DAY WELLNESS

RETREAT



6TH - 9TH
MARCH 2025

Self-discovery 

Relaxation 

Inner peace 

PARTNERS:

YEA



07:00

THURSDAY, 6 MARCH

♥ REMINDER

2 sec.

It's time for a break

Give yourself some "me" time.

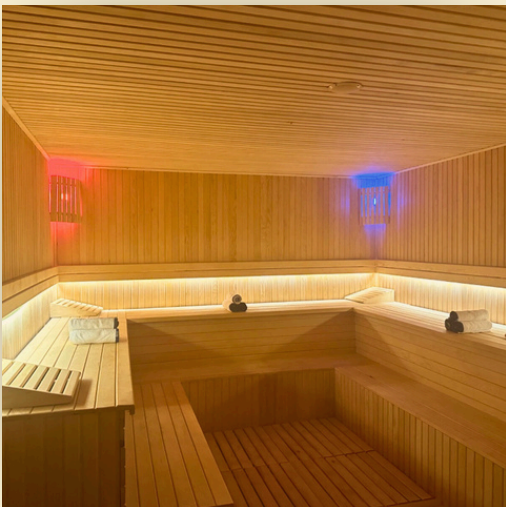
Okay

Later

BEACH
RETREAT



The Resort





Location

Royal Street, Whuti, Anloga District,
Volta Region, Ghana

Transport

Pick-up: Accra Mall, Thursday @ 7:00 AM

Drop-Off: Accra Mall, Sunday @ 2:00 PM



Accommodation

Luxurious Executive Rooms:
Your own comfortable room or shared
with a friend

Meals

Gourmet and Nutrient-packed meals:
Daily breakfast, lunch and dinner



Attendance Options

	p/p Sharing	p/p Single
3 Days	Gh¢ 6,550	Gh¢ 8,350
2 Days	GH¢ 5,200	GH¢ 6,400



Retreat Benefits:

- Rediscover your sense of self and inner peace.
- Gain practical tools to enhance your mental, emotional and physical well-being.
- Build lasting connections with like-minded individuals.

Retreat Highlights



Wellness Activities:

Sunrise yoga, guided meditation and silent reflection.



Empowerment Workshops:

Practical sessions to inspire self-growth and reclaim inner balance.



Creative Expression:

Vision boarding, journaling and art therapy for personal transformation.



Exclusive Spa Experiences:

Customized treatments with expert facilitators.



Stargazing Beds:

Spend peaceful nights under the open sky reconnecting with nature.



The Itinerary

DAY 1: ARRIVAL & CONNECTION

10:00 AM - 12:00 PM | Arrival & Check-in

12:30 PM - 1:30 PM | Lunch by the Sea

2:00 PM - 4:00 PM | Welcome Circle & Intentions Setting

5:30 PM - 6:30 PM | Sunset Yoga & Meditation

7:00 PM - 9:00 PM | Opening Dinner & Social

DAY 2: WELLNESS & SILENT RETREAT

6:00 AM - 7:00 AM | Sunrise Silent Walk

7:30 AM - 8:30 AM | Mindful Breakfast

9:00 AM - 10:30 AM | Sound Bath & Silent Meditation

12:30 PM - 1:30 PM | Lunch by the Sea

2:00 PM - 4:00 PM | Spa & Personal Reflection Time

Option 1: Signature body treatments at The Spa (facials, massages or hydrotherapy)

Option 2: Quiet time journaling or resting in the outdoor sanctuary

7:00 PM - 8:30 PM | Silent Dinner Under the Stars

9:00 PM - 10:00 PM | Star Gazing

DAY 3: EMPOWERMENT & CREATIVITY

6:30 AM - 7:30 AM | Morning Power Yoga

7:30 AM - 8:30 AM | Mindful Breakfast

10:00 AM - 12:00 PM | Interactive Workshop: "Empowered You"

12:30 PM - 1:30 PM | Lunch by the Sea

1:30 PM - 3:00 PM | Creative Expression Session

7:00 PM - 8:00 PM | Farewell Dinner

9:00 PM - 10:00 PM | Fire Pit & Bonfire Celebration

- A beach bonfire where participants can share reflections and enjoy music

- Small papers will be available to write memoirs or apologies and drop into the fire

DAY 4: CLOSURE & DEPARTURE

8:00 AM - 9:00 AM | Farewell Silent Meditation & Gratitude Circle

9:30 AM - 11:00 AM | Breakfast & Departure

MEET YOUR FACILITATORS

Yoga | Meditation | Wellness Workshops



LEAH NDUATI

RYT-200 Hr Yoga Alliance Certified teacher who, having completed her training at Bliss Yoga Studio in Accra, has taught yoga in Tanzania, Rwanda, Sierra Leone, Liberia and Ghana.

Founder of (YEA) Yoga Experiences Africa.

She teaches, travels and connects practitioners and teachers across the continent. She also has a home studio in Accra, Ghana where she teaches group classes. Leah believes in Yoga as a path to our inner truth, a tool for mental well-being and a constant reminder for mindful living.



KRISTYNE TWUM

Founder & CEO of Kedar Health Ventures Ltd and LifeSong Consult. She's a qualified Pharmacist, a Health and Wellness Consultant and an Energy Healer. She is an American Board Certified NLP Practitioner and a Transformational Life, Health and Grief Coach and a Motivational Speaker.

She set up Cedarlane Health Foods which has expanded into Kedar Health providing natural products with as little and /no side effects as possible as well as physical, mental and emotional wellness therapies, providing a truly 360 degree solution in holistic health.



OLIVIA DONKOR

Certified Wellness Coach also known as Ariel- The Wellness Coach. CEO and Founder of Ariel's Haven, Ariel Wellness Club. and Wellness Meet-Up.

Ariel's diverse expertise is complemented by her hands-on approach to wellness. Having traveled extensively across Ghana, she draws inspiration from the country's rich landscapes and traditions, incorporating elements of nature and local heritage into her retreats.



REDDINGTON
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Book Now



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www.reddingtonchalets.com

Limited Spaces Available
Payment Required to guarantee booking

Partners:

