

# **THOR Daily Retreat Schedule**

Our mission at THOR is to help you live longer, healthier and more fulfilled life. Every single detail is carefully considered, personally curated and thoughtfully included to make your experience at THOR nothing less than exceptional. Take a peek at the magic that awaits you.

# Develop a Warrior's Mindset - Retreat Agenda

THOR retreats are a time for contemplating, communicating, thinking, planning, setting powerful intentions and building a spirit of resilience. Although these objectives can certainly be pursued while at home, they are easier to focus on if the retreat is held off premises, free from the distractions of phone calls, email, clients, questions from staff, the mail and countless other interruptions. Take a look at some potential activities to be included in our daily agenda:

# Day 1



4:30 PM

7:00 PM

Arrival & Check-in Ongoing All Day Location: Main House

Welcome Farm-to-Table Gourmet Breakfast & Orientation 50 Minutes. Presented by: Terry Location: Main House

Forest Bathing + Restorative Breathwork + Yoga + Meditation 45 Mins. Guided by: Noelle Location: On the Deck

Welcome Lunch & Macro Mastery Presentation 60 Mins. Presented by: Terry Location: Main House

Group Strength Training: The Principles of Bodybuilding 60 Mins. Presentated by: James Hill Location: Gym

Welcome Dinner. Farm-to-Table & Macro Friendly. Enjoy the music, lights and festive dinner while you get to know the other guests. Location: Main House.

**Fireside After Dinner Chat** 

# Day 2



Farm-to-Table Gourmet Breakfast Served until 11AM. Location: Main House

Forest Bathing + Restorative Breathwork + Yoga + Meditation 45 Mins. Guided by: Noelle Location: On the Deck



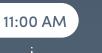
**Outdoor HIIT Class** 30 Mins. Guided by: Noelle Location: On the Deck



Group Strength Training: The Principles of the **Proper Squat** 50 Mins. Presentated by: James Hill Location: Gym



Group Strength Training: The Principles of the **Proper Deadlift** 50 Mins. Lead by: James Hill Location: Gym



Group Strength Training: The Principles of the Proper **Hip Thrust** 50 Mins. Lead by: James Hill Location: Gym

9:00 PM

Sit by the fire, roast marshmallows and enjoy each other's company after dinner. Location: Front Lawn

# Day 3

6:30

AM	Farm-to-Table Gourmet Breakfast
	Served until 11AM.
	Location: Main House

Forest Bathing + Restorative Breathwork + 7:00 AM Yoga + Meditation 45 Mins. Guided by: Noelle Location: On the Deck

**Outdoor HIIT Class** 8:00 AM 30 Mins. Guided by: Noelle Location: On the Deck

Group Foam Rolling: The Principles & Benefits of 9:00 AM Properly Warming Up the Body 50 Mins. Lead by: James Hill Location: Gym

Group Strength Training: The Principles of the 10:00 AM **Proper Bench Press** 50 Mins. Lead by: James Hill Location: Gym

#### Free Time 11:00 AM

Feel free to schedule a massage, personal PT time, go for a walk, or enjoy time getting to know new friends.

#### 1:00 PM

# Lunch & Mindset, Macros & Transformation

Mastermind Session 1 60 Mins. Presented by: TBD Location: Main House

## **Free Time**

Feel free to schedule a massage, personal PT time, go for a walk, or enjoy time getting to know new friends and enjoy a cup of coffee.

# 7:00 PM

2:00 PM

Great Gatsby Hollywood Themed Dinner & Live Music Dress up in your favorite Hollywood GLAMOUR Gatsby Outfit. 60 Mins. Location: Main House

## 9:00 PM

# Great Gatsby Hollywood Themed {After Party}

Dress up in your favorite Hollywood GLAMOUR Gatsby Outfit. 60 Mins. Location: Main Deck

# Day 4

# 6:30 AM

### Farm-to-Table Gourmet Breakfast Served until 11AM.

Location: Main House

# 7:00 AM

# Forest Bathing + Restorative Breathwork +

Yoga + Meditation 45 Mins. Guided by: Jessica McManus Location: On the Deck

8:00 AM

Outdoor HIIT Class

#### 1:00 PM

# Lunch & Mindset, Macros & Transformation Mastermind Session 2 60 Mins. Presented by: TBD Location: Main House

### 2:00 PM

### **Free Time**

Feel free to schedule a massage, personal PT time, go for a walk, or enjoy time getting to know new friends and enjoy a cup of coffee.

#### 7:00 PM

Glow-Up White Themed Dinner & Live Music Dress up in your favorite glow-in-the-dark outfit and enjoy a night full of magic. Location: Main House

#### 9:00 PM

## Glow-Up White Themed {After Party}

Dress up in your favorite glow-in-the-dark outfit and enjoy a night full of magic. Location: Main Deck

30 Mins. Guided by: Jessica McManus Location: On the Deck

### 9:00 AM

### Final Group Gettogether

You can take the magic of your THOR experience with you by continuing the connections and bonds you formed while here. Location: Main House

### 10:00 AM

# **Free Time**

Feel free to schedule a massage, personal PT time, go for a walk, or enjoy time getting to know new friends and enjoy a cup of coffee.

# 11:00 AM

# Departures & Check-Outs

**Ongoing All Day** Location: Main House We are going to miss you.

If you arrive at Knoxville Airport - We can make arrangements to pick you up by private car if you send us your flight information.