

Renewal Oasis  
Fitness Retreat with  
**GÖKÇEN ARIKAN**  
**26.09.2024- 29.09.2024**

The retreat is restricted to a maximum of 20 participants



**1.Day 26.09.2024**

12:00 Welcome Training  
Healthy Brunch  
17:30 Gamethod Training  
Healthy Dinner

**2.Day 27.09.2024**

07:30 Gamethod Training  
Healthy Smoothie  
10:00 Gamethod Training  
Healthy Brunch  
17:30 Power Yoga  
Healthy Dinner

**3.Day 28.09.2024**

09:00 Gamethod Training  
Healthy Smoothie  
10:30 Functional Training  
Healthy Brunch  
17:00 Gamethod Training  
Healthy Dinner

**4.Day 29.09.2024**

09:00 Farewell Training

GAMETHOD is a low-weight exercise that focuses on developing daily movement patterns while increasing muscle and joint mobility. This exercise improves balance, flexibility, strength, and endurance by working multiple muscle groups simultaneously. GAMETHOD helps the body move more efficiently and effectively in a variety of activities. These exercises are simple to perform in gyms and at home, lowering the risk of injury while improving overall health. The benefits of GAMETHOD exercises include improved posture, increased energy levels and weight control.