



Walker Wellness Retreats

Walker Wellness Retreats – Retreat Schedule

DAY 1

10:00 am to 12:00 pm	Scheduled Pick-ups from Las Vegas McCarran International Airport
12:00 pm	Depart from LAS
6:00 pm to 7:00 pm	Welcome Orientation at the Retreat home
7:00 pm to 8:00 pm	Dinner
8:15 pm to 9:00 pm	Yoga Nidra Meditation

DAY 2

7:30 am to 8:30 am	Yoga – Morning Flow
8:30 am to 9:30 am	Breakfast Buffet & Pack Lunch for Hiking
10:00 am to 5:00 pm	Hiking Time in Zion National Park. We will depart for Zion National Park at 10:00 am sharp! Group drop off & pick-up will be at the <i>Zion Visitor's Center</i> (where you take park shuttles to trail heads). Pick-up will be at 5:00 pm Suggested hikes: Angels Landing, Emerald Pools
7:00 pm to 8:00 pm	Dinner
8:15 pm to 9:00 pm	Yoga – Evening Restorative

DAY 3

7:30 am to 8:30 am	Yoga – Morning Flow
8:30 am to 9:30 am	Breakfast Buffet & Pack Lunch for Hiking
9:30 am to 3:00 pm	Scenic Hike in Bryce Canyon National Park. We will depart the retreat home at 9:30 am sharp! Group drop off & pick-up will be at the <i>Sunset Point</i> . Recommendation for hiking: Navajo Loop Trail . Pick-up will be at 3:00 pm Horseback riding is available in lieu of the hike. This is an additional cost.
5:30 pm to 6:30 pm	Yoga – Evening Restorative



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7:00 pm to 8:00 pm | **Dinner**

DAY 4

7:30 am to 8:30 am | **Yoga – Morning Flow**

8:30 am to 9:30 am | **Breakfast Buffet & Pack Lunch for Hiking**

10:00 am to 5:00 pm | **Hiking Time in Zion National Park.** We will depart for Zion National Park at **10:00 am** sharp! Group drop off & pick-up will be at the *Zion Visitor's Center* (where you take park shuttles to trail heads).

Pick-up will be at **5:00 pm**

Suggested hikes: The Narrows or explore the shops in Springdale

7:00 pm to 8:00 pm | **Dinner**

8:15 pm to 9:00 pm | **Yoga – Evening Restorative**

DAY 5

7:30 am to 8:30 am | **Yoga – Morning Flow**

9:00 am to 10:00 am | **Breakfast buffet.** Check out of retreat home.

11:00 am to 12:00 pm | **Shopping excursion** in the town of Springdale.

3:00 pm | **Return to LAS Airport**

*The above schedule is flexible to the flow of the day, weather, etc. All activities are optional.