

Full Itinerary

21st

3pm Welcome & snacks

4pm getting settled in

5-6pm deep stretch practice

7pm community dinner/ sunset

8:30pm Community gathering

9:30pm Quiet time

22nd

Light fruits, tea, coffee and lemon water

8am Coffee Talk/ Intention Setting

9-10:30am Vinyasa yoga/meditation/breathwork

11am- brunch

12-3- free time

3pm snacks

5-6pm deep stretch

7pm community dinner/sunset

8:30pm Community gathering

9:30pm Quiet time

23rd

Light fruit, coffee, tea and lemon water

8am coffee talk

9-10:30am Vinyasa yoga/meditation/breathwork

11am brunch

12-3pm free time

3pm Yoga Workshop

4pm snacks

5-6pm deep stretch

7pm community dinner/sunset

8:30 community gathering

9:30 Quiet time

24th

Light fruit, coffee, tea, and lemon water

8am coffee talk

9am-10:30 Vinayasa yoga, meditation, breathwork

11am brunch

12-3pm free time

3pm snacks

5-6pm deep stretch

7pm community dinner/sunset

8:30 Movie Night

25th

Light fruit, coffee, tea and lemon water

8am coffee talk

9-10:30am Vinyasa yoga, meditation, breathwork

11am brunch

12-3pm free time

3pm snacks

4pm deep stretch

6pm- Community dinner and closing of retreat & celebration

26th

Light fruit, coffee tea and lemon water

8am coffee talk, breakfast

Departures

Basic itinerary

Light fruit, coffee, tea and lemon water

8am coffee talk

9-10:30 Vinyasa yoga, meditation, breathwork

12-3pm free time

3pm snacks

5-6pm deep stretch

7pm dinner

***All classes and activities are optional.**