YIN & YANG YOGA RETREAT

BY AARON GOODMAN & TESSA TOVAR

DETAILED SCHEDULE 16-23 MARCH 2019

YANG (HOT HATHA YOGA)

THE YANG PRACTICE WILL BE TRADITIONAL HATHA YOGA CONSISTING OF 26 POSTURES AND 2 BREATHING EXERCISES. YOU WILL LEARN TO MASTER HOW TO HOLD YOUR BODY IN SPACE COMFORTABLY, WHERE THE DEPTH OF THE POSTURE IS IRRELAVANT AND FINDING STEADINESS AND YOUR BREATH IS PARAMOUNT.

YIN (COOLING DEEP TISSUE RELEASE)

IN CONTRAST THE YIN PRACTICE WILL WORK WITH CONNECTIVE TISSUE SUCH AS TENDONS, BONES, LIGAMENTS AND JOINTS OF THE BODY. THE YIN POSTURES ARE HELD FOR 1-5MINUTUES. THE IDEA IS TO COMPLETELY RELAX THE MUSCLES TO ALLOW YOUR CONNECTIVE TISSUE TO BE ACCESSED.

SATURDAY	16 MARCH, 2019	ARRIVAL - DAY 1
3:00PM	Check-in	Front Desk
7:30PM	Dinner & Welcome Announcements	Dining Hall
Bar Open Until 10PM	Drinks are not included in the cost	Bar

SUNDAY	17 MARCH, 2019	DAY 2
7:00-8:00AM	Optional Light Breakfast, Coffee, Tea service	Dining Hall
8:00-9:30AM	Hatha (Hot) Yoga Practice	Hot Yoga Room
10:00-11:00AM	Big Breakfast buffet style	Dining Hall
11:00-1:30PM	Free Time + Optional Activities	Yogi's Choice
1:30-2:30PM	Lunch Time buffet style	Dining Hall
2:30-5:00PM	Free Time + Optional Activities	Yogi's Choice
5:00-6:30PM	Yin Yoga Practice	Aerial Room
7:30-8:30PM	Dinner seated and plated	Dining Hall
Bar Open until 10:00PM	Drinks are not included in the cost	Bar

MONDAY	18 MARCH, 2019	DAY 3
7:00-8:00AM	Optional Light Breakfast, Coffee, Tea service	Dining Hall
8:00-9:30AM	Hatha (Hot) Yoga Practice	Hot Yoga Room
10:00-11:00AM	Big Breakfast buffet style	Dining Hall
11:00-1:30PM	Free Time + Optional Activities	Yogi's Choice
1:30-2:30PM	Lunch Time buffet style	Dining Hall
2:30-5:00PM	Free Time + Optional Activities	Yogi's Choice
5:00-6:30PM	Yin Yoga Practice	Aerial Room
7:30-8:30PM	Dinner seated and plated	Dining Hall
Open Bar until 10:00PM	Drinks are not included in the cost	Bar

TUESDAY	19 MARCH, 2019	DAY 4
7:00-8:00AM	Optional Light Breakfast, Coffee, Tea service	Dining Hall
8:00-9:30AM	Hatha (Hot) Yoga Practice	Hot Yoga Room
10:00-11:00AM	Big Breakfast buffet style	Dining Hall
11:00-1:30PM	Free Time + Optional Activities	Yogi's Choice
1:30-2:30PM	Lunch Time buffet style	Dining Hall
2:30-5:00PM	Free Time + Optional Activities	Yogi's Choice
5:00-6:30PM	Yin Yoga Practice	Aerial Room
7:30-8:30PM	Dinner seated and plated	Dining Hall
Bar Open until 10:00PM	Drinks are not included in the cost	Bar

WEDNESDAY	20 MARCH, 2019	DAY 5
7:00-8:00AM	Optional Light Breakfast, Coffee, Tea service	Dining Hall
8:00-9:30AM	Hatha (Hot) Yoga Practice	Hot Yoga Room
10:00-11:00AM	Big Breakfast buffet style	Dining Hall
11:00-4:00PM	**Optional** Excursion to Yelapa Site seeing Hike to waterfall Lunch (cost **not** included) Relax on the beach	Meet in Dining Hall Walk to boat Cost of boat **IS** included

5:00-6:30PM	Yin Yoga Practice	Aerial Room
7:30-8:30PM	Dinner seated and plated	Dining Hall
Bar Open until 10:00PM	Drinks are not included in the cost	Bar

THURSDAY 21 MARCH, 2019 **DAY 6**

7:00-8:00AM	Optional Light Breakfast, Coffee, Tea service	Dining Hall
8:00-9:30AM	Hatha (Hot) Yoga Practice	Hot Yoga Room
10:00-11:00AM	Big Breakfast buffet style	Dining Hall
11:00-1:30PM	Free Time + Optional Activities	Yogi's Choice
11:30-1:00PM	**OPTIONAL** Sweat Lodge $45 per person	Sweat Lodge
1:30-2:30PM	Lunch Time buffet style	Dining Hall
2:30-5:00PM	Free Time + Optional Activities	Yogi's Choice
5:00-6:30PM	Yin Yoga Practice	Aerial Room
7:30-8:30PM	Dinner seated and plated	Dining Hall
Bar Open until 10:00PM	Drinks are not included in the cost	Bar

FRIDAY 22 MARCH, 2019 **DAY 7**

7:00-8:00AM	Optional Light Breakfast, Coffee, Tea service	Dining Hall
8:00-9:30AM	**Special** Yin Yoga Class	Sand Terrace
10:00-11:00AM	Big Breakfast buffet style	Dining Hall
11:00-1:30PM	Free Time + Optional Activities	Yogi's Choice
1:30-2:30PM	Lunch Time buffet style	Dining Hall
2:30-5:00PM	Free Time + Optional Activities	Yogi's Choice
5:00-6:30PM	**Intro to Vinyasa** Yoga Practice	Aerial Room
7:30-8:30PM	Dinner seated and plated	Dining Hall
Bar Open until 10:00PM	Drinks are not included in the cost	Bar

SATURDAY 23 MARCH, 2019 **DEPART – DAY 8**

SUNRISE	Optional closing fire ceremony	BEACH
7:00-8:00AM	Light Breakfast,	Dining Hall

	Coffee, Tea Service	
10:00-11:00AM	Big Breakfast buffet style	Dining Hall
11:00AM	Check-out	Front Desk