

Finding "IT"

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am	Breakfast	>	>	>	>	>	>
9am	Orientation Part II	Polarity Exercises	Polarity Exercises	Polarity Exercises	Polarity Exercises	Polarity Exercises	Load up for Airport
10am	Orientation Cont'd and Overview	Principle 3	Principle 5	Principle 7	Principle 9	Wrap up	Leave for Airport
11pm	Principle 1 Activity	Activity	Activity	Activity	Activity	Pack up	
12pm	Lunch	>	>	>	>	>	
1pm	Principle 2 Activity	Principle 4	Principle 6	Principle 8	Olivine Pools	Leave for Lahaina	
2pm Airport Pickup	Hike to Yoga Camp	Activity Corral	Activity Twin Beaches	Activity Ohai Trail	Olivine Pools	Lahaina	
3pm Kanaha Beach Time	Guided Meditation Intentions	Activity Corral	Activity Twin Beaches	Activity Ohai Trail	Olivine Pools	Lahaina	
4pm Incidentals Shopping	Back to Camp Pono and refresh	Back to Camp Pono and refresh	Back to Camp Pono and refresh	Back to Camp Pono and refresh	Back to Camp Pono and refresh	Dinner Cruise in Lahaina	
5pm Orientation and Settle	Dinner >	>	>	>	>	Dinner Cruise in Lahaina	
6pm Dinner and free time	Firesides Affirmations Coaching Free time	Firesides Affirmations Coaching Free time	Firesides Affirmations Coaching Free time	Firesides Affirmations Coaching Free time	Firesides Affirmations Coaching Free time		

Times / events are approximate and may vary based on each unique and special experience we are gifted with

