

# ITINERARY

## MONDAY:

2:00PM - CHECK IN BEGINS. SETTLE IN & EXPLORE  
5:30PM - 7:00PM - WELCOME CIRCLE & HATHA FLOW WITH LIZ  
7:00PM - 8:00PM - WELCOME DINNER  
8:00PM - 9:00PM - SOUND BATH MEDITATION WITH STEPH



## TUESDAY:

7:00AM - 8:00AM - TEA/COFFEE, FRUIT & GRANOLA  
8:00AM - 9:00AM - WALKING MEDITATION WITH LIZ  
9:00AM - 10:00AM - HATHA FLOW WITH LIZ  
10:00AM - 11:00AM - BREAKFAST  
11:00AM - 3:00PM - FREE TIME, LOCAL ATTRACTIONS, SWIM & OR MASSAGE TIME  
3:00PM - 4:00PM - LIGHT LUNCH  
4:00PM - 6:00PM - FUN YOGA ACTIVITIES & GAMES W/STEPH, LIZ & MONICA  
6:00PM - 7:00PM - SLOW FLOW DEEP STRETCH WITH MONICA  
7:00PM - 8:00PM - DINNER  
8:00PM - 10:00PM - COMMUNITY BONFIRE & CACAO CEREMONY BY LIZ



## WEDNESDAY:

7:00AM - 8:00AM - TEA/COFFEE, FRUIT & GRANOLA  
8:00AM - 9:30AM - HATHA FLOW WITH LIZ  
9:30AM - 10:30AM - BREAKFAST  
10:30AM - 2:30PM - FREE TIME, LOCAL ATTRACTIONS,  
SWIM & OR MASSAGE TIME  
2:30PM - 3:30PM - LIGHT LUNCH  
3:30PM - 5:30PM - CLOSING CIRCLE COMBO CLASS W/LIZ & MONICA  
6:30PM - 8:30PM - FINAL DINNER/DRESS UP/PICS/FREE RAFFLES  
9:00PM - 10:00PM - FINAL SOUND BATH WITH STEPH



## THURSDAY:

8:00AM - 9:00AM - HATHA FLOW WITH LIZ  
9:00AM - 10:00AM - BREAKFAST  
10:00AM - CHECKOUT

