

	Sat July 17	Sun July 18	Mon July 19	Tues July 20	Wed July 21	Thurs July 22	Fri July 23	Sat July 24
7 am		optional meditation	optional meditation	optional meditation	optional meditation	optional meditation	optional meditation	optional meditation
730		slow flow	vinyasa flow	Ashtanga flow	vinyasa flow	Ashtanga flow	vinyasa flow	1 hour goodbye flow
9 am		break fast	break fast	break fast	break fast	break fast	break fast	break fast
10 - 1pm		Massage/ Extra wellness services / time to explore on your own	Massage/ Extra wellness services / time to explore on your own	Massage/ Extra wellness services / time to explore on your own	Massage/ Extra wellness services / time to explore on your own	Massage/ Extra wellness services / time to explore on your own	Massage/ Extra wellness services / time to explore on your own	Depart by 10 AM
1 pm		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
2 - 6pm	3pm Orientation to Whale Spirit Sanctuary	Swim at Magic Sand beach	Rebirthing Breath work	Trip to Captain Cook/ Hiking	Rebirthing Breath work	On Your Own Trip to volcano	Rebirthing Breath work	
6 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
7:30 pm	Optional YIN	Optional Sound Healing	Optional YIN	On your own night time snorkel manta dive	Optional YIN	Optional Sound Healing	Optional YIN	