

Your Retreat

Location:

Date:

Day 1

3:30 – 4:30pm	Check-in
4:30pm	Welcome & Introductions
5:00pm	Preliminary lesson
6:30pm	Dinner
8:00pm	Fire pit and relaxation

Day 2

7:00 -8:00am	Yoga
8:30- 9:30am	Breakfast
10:00am	Session I
12:30-1:30pm	Lunch
2:00pm	Session II & Activity
6:00pm	Dinner
7:30pm	Sunset happy hour & relaxation

Day 3

7:00 -8:00am	Yoga
8:30- 9:30am	Breakfast
10:00am	Session III
12:30-1:30pm	Lunch
2:00pm	Off-site activity
6:00pm	Dinner
7:30pm	Evening session

Day 4

7:00 -8:00am	Pack-up
8:30- 9:30am	Breakfast
10:00am	Session IV
12:30-2:00pm	Lunch & Closing
2:00pm	Departures