



3 DAYS YOGA & MEDITATION RETREAT

DAY 1

4PM - CHECK-IN

5PM - SUSTAINABLE TOUR

6PM TO 7PM - WELCOME DINNER AND ORIENTATION

DAY 2

BREAKFAST (WAKE UP AT YOUR OWN TIME)

10AM - YOGA CLASS

12PM TO 1PM - LUNCH

230PM TO 430PM - FREE TIME FOR HIKING, JOURNALING, GARDENING, MEDITATION, REST, BOARD GAMES, READING, ETC.

430PM TO 5PM - SHAVASANA MEDITATION

630PM TO 730PM - DINNER

DAY 3

BREAKFAST (WAKE UP AT YOUR OWN TIME)

10AM TO 11AM - YOGA & MEDITATION CLASS

12PM TO 1PM - LUNCH

130PM - CHECK-OUT

IN CASE YOU HAVE A FREE NIGHT PER BOOKRETREATS.COM... USE YOUR FREE TIME FOR HIKING, JOURNALING, GARDENING, MEDITATION, REST, BOARD GAMES, READING, ETC.

DAY 4

11AM – CHECK OUT