



# SAMPLE RETREAT SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
	8AM YOGA	8AM YOGA	8AM YOGA	8AM YOGA	8AM YOGA	
						
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
						
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	CHECK OUT
						
CHECK IN						
	4:30PM YOGA	4:30PM YOGA	4:30PM YOGA	4:30PM YOGA	4:30PM YOGA	
						
6:30PM MEET+ GREET						
						
7:15PM DINNER	7:15PM DINNER	7:15PM DINNER	7:15PM DINNER	7:15PM DINNER	7:15PM DINNER	

## NOTES:

- Coffee + tea bar: open 24hrs.
- Breakfast is available before or after your yoga practice until 10am.
- Lunch is available any time between 12:00-2:30pm.
- Dinner, we eat as a group at 7:15pm.
- Check in is at 3:00pm | Check out is at 12:00pm