

Unwind and Unplug Yoga Retreat

Fall 2024 Itinerary

FRIDAY

Check-in: 3pm-4pm

Yoga – 4:30pm-5:45pm

Dinner: 6pm-7pm

SATURDAY

Breakfast: 8am – 9am

Yoga – 9:30am – 10:45am

Lunch: 12pm – 1pm

Guided Hike – 1pm – 2:30pm

Free time: 2:30pm-4:30pm

Yoga- 4:30pm-5:45pm

Dinner: 6pm - 7pm

Bonfire: 8:45pm

SUNDAY

Yoga – 7am – 8am

Breakfast: 8am – 9am

Lunch: 12pm – 1pm