**RETREAT SCHEDULE**

**Retreat in Arizona**



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| **Day 1:** |
| * 5:00-6:00 PM Arrivals * 6:15 PM Welcome Dinner and Introduction * 8:00-8:30 PM Yoga/Pranayama |
| **Day 2:** |
| * 7:30 AM- Breakfast * 8:30-10:00 AM - Morning Yoga * 10:30-3:00 Afternoon Adventure and Yoga (lunch on the trail) * 3:00 PM - 5:00 PM - Unstructured Time / Hors d’oeuvres * 5:00-6:00 Aromatherapy Wellness Session * 6:00 PM - Dinner * 7:30 PM - 8:30 PM - Yin Yoga or Restorative Yoga * Social Hour / Relax |
| **Day 3:** |
| * 7:30 AM- Breakfast Snacks * 8:00-9:30 Morning Yoga * 10:00-12:00 Brunch & Closing Circle * 12:00-1:00 Departures |