

Schedule Vibrant Health Retreat

Day 1

2pm Arrival
3pm Welcome Circle & Yin Yoga
6pm Dinner
7:30pm Manifestation Meditation

Day 2

7am Yoga & Meditation
9am Breakfast
10am Ayurveda Workshop
1pm Lunch
4:30pm Yin Yoga
6pm Dinner
7:30pm Fire Circle

Day 3

7am Morning Flow
9am Breakfast
11am Breathwork & Icebath
2pm Snack
4:30pm Yin Yoga
6pm Dinner
7:30pm Meditation

Day 4

7am Breathwork & Flow
9am Breakfast
1pm Lunch
4:30pm Yin Yoga
6pm Dinner
7:30pm Meditation

Day 5

7am Morning Flow
9am Breakfast
10am TCM Workshop
1pm Lunch
4:30pm Yin Yoga
6pm Dinner
7:30pm Sharing Circle

Day 6

7am Morning Flow
9am Breakfast
10am Closing Circle