

Hero's Journey - A Yoga & Writer's Retreat

Sunday, January 14th

1-3pm Arrival
3pm Welcome Circle & Introduction
5pm Yin Yoga & Meditation
6:30pm Dinner
8pm Evening Meditation

Monday, January 15th

6:30am Yoga & Meditation
8:30am Breakfast
9:30am Workshop
12pm Lunch & Rest
2pm Limiting Belief Workshop
6:30pm Dinner
8pm Evening Meditation

Tuesday, January 16th

6:30am Yoga & Meditation
8:30am Breakfast
9:30am Workshop
12pm Lunch & Rest
2pm Voice Activation & Throat Chakra
4pm Workshop
6:30pm Dinner
8pm Evening Meditation

Wednesday, January 17th

6:30am Yoga & Meditation
8:30am Breakfast
9:30am Workshop
12pm Lunch & Rest
2pm Cacao Ceremony
4pm Workshop
6:30pm Dinner
8pm Evening Meditation

Thursday, January 18th

6:30am Yoga & Meditation
8:30am Breakfast
9:30am Workshop
12pm Lunch & Rest
3pm Chakra Breathing
4:30pm Workshop
6:30pm Dinner
8pm Evening Meditation

Friday, January 19th

6:30am Yoga & Meditation
8:30am Breakfast
9:30 Workshop
12pm Lunch & Rest
2pm Reflection & Workshop
5pm Yin Yoga & Meditation
6:30pm Dinner
8pm Fire Circle

Saturday, January 20th

6:30am Yoga & Meditation
8:30am Breakfast
9:30 Sharing & Closing Circle & Book Presentation
12pm Goodbye