**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
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| **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
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| **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
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