

## RETREAT SCHEDULE - AUGUST 5TH-9TH, 2019

### Monday:

12:30 Check In/Welcome

2:00 Arrival to Retreat Center

4:00-5:15 Yoga Meditation Hall

6:00-7:00 Dinner

8:00-9:00 Yoga Nidra Meditation Hall

### Tuesday:

7:30-8:15 am Pilates Meditation Hall

8:30-9:30 Breakfast

9:30-10:30 Walk/Energy Work Outdoors (bring rain gear)

10:30-1:00 Free Time

1:00-2:00 Lunch

4:00-5:15 Yoga Meditation Hall

6:00-7:00 Dinner

8:00- 9:00 Chakra Balancing Heart Room

### Wednesday:

7:30-8:15 am Pilates Meditation Hall

8:30-9:30 Breakfast

9:30-10:30 Walk/Energy Work Outdoors (bring rain gear)

10:30-1:00 Free Time

1:00-2:00 Lunch

4:00-5:15 Yoga Meditation Hall

6:00-7:00 Dinner

8:00-9:00 Yoga Nidra Meditation Hall

### Thursday:

7:30-8:15 am Pilates Meditation Hall

8:30-9:30 Breakfast

9:30-10:30 Walk/Energy Work Outdoors (bring rain gear)

10:30-1:00 Free Time

1:00-2:00 Lunch

4:00-5:15 Yoga Meditation Hall

6:00-7:00 Dinner

8:00-9:00 Yoga Nidra Meditation Hall

### Friday:

7:30-8:15 am Pilates Meditation Hall

8:30-9:30 Breakfast

10:00-10:30 Closing Gathering Conservatory

11:30 Shuttle Departure