

**Schedule:**

***Thursday July 5th***

Arrive anytime after 2:00pm

4:30-6:30pm Yoga

7:00pm Dinner

***Friday July 6th***

7:30-8:30am Breakfast

9:30-11:30am Yoga

12:00-1:00pm Lunch

Free time

4:00-5:30pm Yoga

6:00pm Dinner

8:00-9:00pm Yoga

***Saturday July 7th***

7:30-8:30am Breakfast

9:30-11:30am Yoga

12:00-1:00pm Lunch

Free time

4:00-6:00pm Yoga

6:30pm Dinner

8:00-9:00pm Yoga

***Sunday July 8th***

7:00-8:00am Light Breakfast

8:30-10:00am Yoga

10:45am Brunch

Check out by 12:00pm



*Yoga classes will be a beautiful blend of vinyasa, restorative, yin, and yoga nidra.*