

Magical Women's Retreat with Monika Nataraj Chakra Yoga, Mystical Dance & Tantric Wisdom



Friday

Arrival After 2:00pm

5:00-6:30 pm Hatha Yoga

6:45pm Dinner

8:15-9:45pm Opening Circle

Saturday

7:30am Self Serve Breakfast

9:00-10:30 am Hatha Yoga

11:00-12:30 pm Group Session

12:30pm Lunch

1:30-4:30 pm Free Time

4:30-6:15 pm Group Session

6:30 pm Dinner

8:15-10:00 pm Evening Gathering

Sunday

Light Breakfast Upon Rising

8:00-9:15 am Women's Yoga & Dance Movement

9:45-11:00 am Cacao Ceremony & Closing Circle

11:00 am Brunch

12:00 pm Check Out of Rooms Enjoy the Property Until 2:00pm