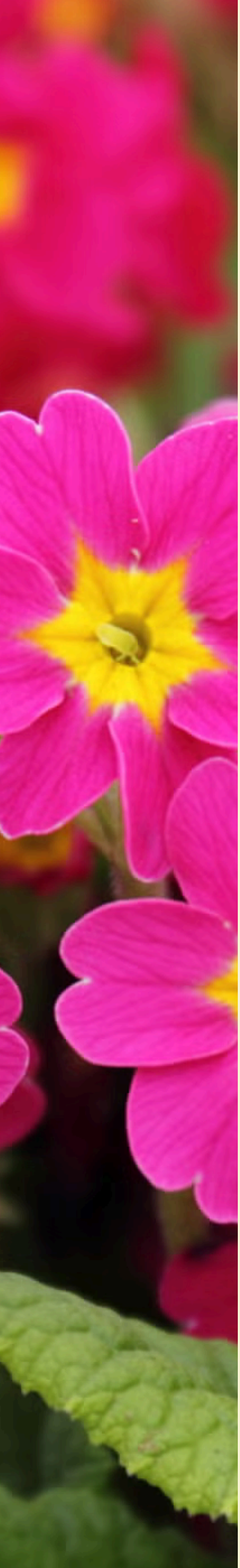

Spring YOGA RETREAT DAILY SCHEDULE

Friday

9:00 -4:30 p.m.	Check-in/Registration
4:00 - 5:30 p.m.	Restorative Yoga
6:00 p.m.	Vegetarian Potluck

Saturday

7:30 - 8:30 a.m.	Breakfast
10:00 a.m. - 12:00 p.m.	Yoga Class
12:30 - 1:30 p.m.	Lunch

Free Time

4:00 - 5:30 p.m.	Yoga Class
6:00 p.m.	Dinner
7:30 p.m.	Group Entertainment

Sunday

8:00 - 9:00 a.m.	Breakfast
10:00 a.m. - 12:00 p.m.	Yoga Class
12:30 - 1:30 p.m.	Optional Lunch

All delicious vegetarian and vegan meals will be prepared by Ayurvedic Chef Carol. We can accommodate most dietary restrictions. If your dietary restrictions/food allergies are severe you may use the freezer, refrigerator, toaster, microwave.