

FRIDAY:

3:30pm Arrival & Registration

7:00pm Dinner

8 – 9:30pm Opening circle, Introductions, Intentions, Partner Yoga

SATURDAY:

7:30 - 8am - Morning Meditation

8:30am Breakfast

10 – 12:00pm Yoga (Practicing with Peace)

12:30 – 1:30pm Lunch

1:30 – 3:30pm Free time/Guided Nature Walk

4:00 – 6:00pm Self/Thai Massage

7:00pm – Dinner

8:30 – 10pm – free time/bonfire

SUNDAY:

7:30 - 8am - Morning Meditation

8:30 Breakfast

10 – 12pm Yoga (Sharing Peace)

12:30pm Lunch

1:30pm Drive Home