venture within

Itinerary

Retreat Dates

Day 1, Monday: Early arrival at **the location.**

- 8:45 am - Depart for ___
- 9:00 am Yoga followed by a healthy breakfast and coffee.
- 10:30 am Breakfast
- 11:30 - 1:30 Workshop
- 1:30 pm Lunch at Venue
- Free afternoon and evening. Dinner Included.

Days 2 - 5, Tuesday- Friday: Each day you can expect:

- 8:45 am - Morning Yoga
- 9:00 am Yoga followed by a healthy breakfast and coffee.
- 10:30 am Breakfast
    - Tuesday Workshop
    - Wednesday Workshop
    - Thursday Workshop
    - Friday Workshop:

- Lunch
- Afternoons will be yours to jump into any personal work projects, check out the ocean, enjoy a massage, or explore the surroundings.
- Dinner will be served just after sunset.

Day 5, Friday

- Your final day will include a workshop and a final celebration dinner.