

# Living In Alignment

## Sample Retreat Schedule

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\*Quiet hours are between 10pm and 10am

### Day One

3:00	Check-In		
4:00	Arrival/Orientation - Refreshments	1:00	Free Time
6:00	Dinner	4:00	Optional Yoga Practice (on site)
7:30	Restorative Yoga	4:45	Shuttle back to Yandara
8:30	Time for Rest	6:00	Dinner
		7:30	Circle/Restorative Yoga

### Day Two

6:30 Coffee/pre-yoga fruit/granola  
7:30 Yoga & Meditation  
9:00 Breakfast  
10:00 Morning Circle  
12:30 Lunch  
1:00 Free Time  
3:30 Afternoon Circle/Yoga  
6:00 Dinner  
7:30 Sound Bath

### Day Five

6:30 Coffee/pre-yoga fruit/granola  
7:30 Yoga & Meditation  
9:00 Breakfast  
10:00 Morning Circle  
12:30 Lunch  
1:00 Free Time  
3:30 Afternoon Circle/Yoga  
6:00 Dinner  
7:30 Circle/Restorative Yoga

### Day Three

6:30 Coffee/pre-yoga fruit/granola  
7:30 Yoga & Meditation  
9:00 Breakfast  
10:00 Morning Circle  
12:30 Lunch  
1:00 Free Time  
3:30 Afternoon Circle/Yoga  
6:00 Dinner  
7:30 Evening Circle/Restorative Yoga

### Day Six

6:30 Coffee/pre-yoga fruit/granola  
7:30 Yoga & Meditation  
9:00 Breakfast  
10:00 Morning Circle  
12:30 Lunch  
1:00 Free Time  
3:30 Afternoon Circle/Yoga  
6:00 Dinner  
7:30 Evening/ Circle w/Bonfire

### Day Four

6:30 Coffee/pre-yoga fruit/granola  
7:30 Yoga & Meditation  
9:00 Breakfast  
10:00 Morning Circle  
11:45 Opt. shuttle to Todos Santos  
12:30 Lunch (for those on site)

### Day Seven

6:30 Coffee/pre-yoga fruit/granola  
7:45 Yoga/Meditation  
9:00 Breakfast  
11:00 First shuttle to airport