

# itinerary

Tuesday 6/4

AFTERNOON

Guest Arrival

Poolside Lunch at Reflections & Relaxing

EVENING

Gratitude Opening Ceremony

Yin Yoga

Oceanfront Dinner at Salt Water Grill

Wednesday 6/5

MORNING

Yoga Flow & Meditation

Gratitude & Intention Setting Journal Session

Breakfast

Mini Workshop w/ Holistic Health Coach

AFTERNOON

Free Time - Pool, Beach, Tennis

Spa & Massage

Oceanfront Lunch at Salt Water Grill

EVENING

Wine & Cheese Tasting

Sunset Beach Walk

Dinner at Arroyo

Thursday 6/6

MORNING

Yoga Flow & Meditation

Gratitude & Intention Setting Journal Session

Breakfast

AFTERNOON

Free Time - Pool, Beach, Tennis

Spa & Facial

Oceanfront Lunch at Salt Water Grill

EVENING

Nutrition Workshop

San Jose Del Cabo Art Walk

Dinner & Night out Downtown San Jose

Friday 6/7

MORNING

Yoga Flow, Meditation

Gratitude & Intention Setting Journal Session

Breakfast

Dream Life & Goals Workshop

AFTERNOON

Beach Day

Oceanfront Lunch at Salt Water Grill

EVENING

Freetime - Pool, Beach, Tennis

Breath Work Healing Session

SoundBath Journey

Oceanfront Dinner at Salt Water Grill

Saturday 6/8

MORNING

Yoga Flow & Meditation

Gratitude & Intention Setting Journal Session

Breakfast

Closing Ceremony