

wednesday

AFTERNOON

Guest Arrival

Poolside Lunch & Relaxing

EVENING

Gratitude Opening Ceremony

Yin Yoga on the beach

Dinner

thursday

MORNING

Yoga Flow & Meditation

Breakfast

Mini Workshop w/ Holistic Health Coach

AFTERNOON

Relaxation Time - Pool, Beach, Paddle Board

Spa & Massages, Lunch

EVENING

Sunset Beach Walk & Ocean Swim

Dinner

Star Gazing Meditation



friday

MORNING

Yoga Flow & Meditation

Gratitude & Intention Setting Journal Session

Breakfast

AFTERNOON

Relaxation Time - Pool, Beach

Lunch

EVENING

Nutrition 1:1 Sessions

Yin + Sound Bath

Dinner

saturday

MORNING

Yoga Flow, Meditation

Breakfast

Dream Life & Goals Workshop

AFTERNOON

Beach Day

Lunch

EVENING

Relaxation Time - Pool, Beach

Breath Work + Sound Bath Healing Session

Dinner

sunday

MORNING

Yoga Flow & Meditation

Breakfast

Closing Ceremony