



REVIVE RETREATS

## Timetable

Sat 4th	8.30am- Pick up from hotel 12pm Dominical beach stop, local store, beach picnic 3pm Check in, get unpacked, explore 5pm Opening circle/journaling 7pm First group dinner
Sun 5th	6.30am Mini breakfast tea/coffee 8am Sunrise yoga 10am Breakfast 11.30am Get to know each other, intro to acroyoga/ handstands 2pm Lunch 3pm Free time 6pm Dinner 8pm Evening breathwork
Mon 6th	6.30am Mini breakfast tea/coffee 8am Breakfast 9.30am Waterfall excursion 2pm Lunch 4pm Gentle afternoon flow 6pm Dinner 8pm Intro to restorative aerial yoga
Tues 7th	6.30 Mini breakfast, tea/coffee 8am Sunrise yoga, breathwork, meditation 10am Breakfast 12pm Journaling session 2pm Lunch 4pm Find your flow class 6pm Dinner 8pm Free time





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## Example timetable

Wed 8th	6:30am Tea/coffee 8am Breakfast 9am Leave for surf lesson 2pm Lunch 4pm Afternoon vinyasa flow 6pm Dinner 8pm Yoga nidra
Thurs 9th	6:30am Mini breakfast tea/coffee 8am Paragliding (option)/sunrise yoga 10am Breakfast 12pm Free time 2pm Lunch 4pm Aerial yoga 6pm Dinner 8pm Evening yin yoga
Fri 10th	6:30am Mini breakfast tea/coffee 8am Flying trapeze (option)/pilates 10am Breakfast 12pm Handstands & Inversions 1:30pm Ice Bath 2pm Lunch 4pm Closing ceremony, Dinner & DJ
Sat 11th	7am breakfast 8am Transfer back to San Jose

