

COAST

A Highland Yoga Retreat

DAY FRIDAY, MARCH 20TH

01

15:00	Check In
16:00-17:00	Welcome ceremony
17:30-19:00	Spa
19:30-20:30	Dinner

DAY SATURDAY, MARCH 21ST

02

08:30-09:00	Awakening Breathwork
09:00-10:00	Detox Yoga workshop
10:15-11:15	Breakfast
11:30-14:30	Free time
14:30-15:30	Lunch
15:30-17:00	Free Time
17:30-18:45	Soulful Surrender - Yin Yoga
19:30-20:00	Dinner

DAY SUNDAY, MARCH 22ND

03

08:00-08:15	Stress Releasing Breathwork
08:15-09:30	Yoga Therapeutics Workshop
09:30-10:00	Closing Ceremony
10:00-11:00	Breakfast
11:00	Checkout

