

Thursday Oct 24	Friday Oct 25	Saturday Oct 26	Sunday October 27
	7:15 - 8:00 AM Sunrise Beach Walk Sun Salutations + Coffee Danny	7:15 - 8:00 AM Sunrise Beach Walk Sun Salutations + Coffee Danny	7:15 - 8:00 AM Sunrise Beach Walk Sun Salutations + Coffee Danny
	8:15-9:30 AM Yoga with Colleen	8:15-9:30 AM Yoga with Colleen	8:15-9:30 AM Yoga with Colleen
	9:30 - 10:30 AM Breakfast	9:30 - 10:30 AM Breakfast	9:30 – 10:30 AM Breakfast
	11:00 AM - 12:30 PM Guest Lecture with Sincerely Stevie “Proper Nourishment & Intuitive Eating”	11:00 AM - 12:30 PM Guest Lecture with Sincerely Stevie “Stepping Back & Taking it Easy”	12:00 PM : Check Out
	FREE TIME	FREE TIME	
	1:30-2:30 PM Lunch	1:30-2:30 PM Lunch	
3:00 PM : Check In	FREE TIME	FREE TIME	
4:30 - 7:00 PM *Optional Dinner \$50 - Select Menu	4:30 - 6:30 PM Yoga with Colleen	4:30 - 6:30 PM Yoga with Colleen	
7:30 - 9:00 PM Yoga with Colleen	7:00 - 9:00 PM Dinner	7:00 - 9:00 PM Dinner	