Thursday Oct 24	Friday Oct 25	Saturday Oct 26	Sunday October 27
marsaay oct 24	7:15 - 8:00 AM	7:15 - 8:00 AM	7:15 - 8:00 AM
	Sunrise Beach Walk	Sunrise Beach Walk	Sunrise Beach Walk
	Sun Salutations + Coffee	Sun Salutations + Coffee	Sun Salutations + Coffee
	Danny	Danny	Danny
	Danny	Danny	Darniy
	8:15-9:30 AM	8:15-9:30 AM	8:15-9:30 AM
	Yoga with	Yoga with	Yoga with
	Colleen	Colleen	Colleen
	9:30 - 10:30 AM	9:30 - 10:30 AM	9:30 – 10:30 AM
	Breakfast	Breakfast	Breakfast
	11:00 AM - 12:30 PM	11:00 AM - 12:30 PM Guest Lecture with	12:00 PM : Check Out
	Guest Lecture with	Sincerely Stevie	
	Sincerely Stevie	"Stepping Back & Taking it	
	"Proper Nourishment & Intuitive Eating"	Easy"	
	FREE TIME	FREE TIME	
	1:30-2:30 PM	1:30-2:30 PM	
	Lunch	Lunch	
3:00 PM : Check In	FREE TIME	FREE TIME	
4:30 - 7:00 PM	4:30 - 6:30 PM	4:30 - 6:30 PM	
*Optional Dinner	Yoga with	Yoga with	
\$50 - Select Menu	Colleen	Colleen	
7.20 0.00 0.1	7.00 0.00 0.1	7.00 0.00 0.4	
7:30 - 9:00 PM	7:00 - 9:00 PM	7:00 - 9:00 PM	
Yoga with	Dinner	Dinner	
Colleen			