

Welcome to Our Yoga Retreat!

Dear Participants,

We are excited to share the daily routines during your stay at our yoga retreat. Here's a glimpse of what to expect:

Daily Schedule

- **7:00 AM - 8:00 AM:** Morning Yoga Session
- **8:00 AM - 9:00 AM:** Healthy Breakfast
- **9:30 AM - 11:00 AM:** Meditation Workshop
- **11:15 AM - 12:30 PM:** Nature Walk
- **12:30 PM - 1:30 PM:** Nourishing Lunch
- **2:00 PM - 3:30 PM:** Afternoon Yoga & Stretching
- **4:00 PM - 5:00 PM:** Mindfulness Discussion
- **5:30 PM - 6:30 PM:** Dinner
- **7:00 PM - 8:00 PM:** Evening Group Sharing
- **8:30 PM:** Rest & Relaxation

We hope this schedule helps you prepare mentally and physically for a rejuvenating experience. Feel free to reach out with any questions!

Namaste,

The Yoga Retreat Team