

Welcome to Our Yoga Retreat

Dear Participants,

We are excited to introduce you to our upcoming yoga retreat. Below, you will find the detailed schedule designed to rejuvenate your mind, body, and soul.

Retreat Schedule

- **Day 1: Arrival and Opening Ceremony**
 - 3:00 PM - Check-in
 - 5:00 PM - Welcome Circle
 - 7:00 PM - Dinner
- **Day 2: Awakening the Body**
 - 7:00 AM - Morning Yoga Session
 - 9:00 AM - Breakfast
 - 10:30 AM - Workshop: The Art of Mindfulness
 - 1:00 PM - Lunch
 - 3:00 PM - Nature Walk
 - 5:00 PM - Evening Yoga and Meditation
 - 7:00 PM - Dinner
- **Day 3: Deepening the Practice**
 - 7:00 AM - Sunrise Yoga
 - 9:00 AM - Breakfast
 - 10:30 AM - Chakra Alignment Workshop
 - 1:00 PM - Lunch
 - 3:00 PM - Free Time / One-on-One Sessions
 - 5:00 PM - Group Sharing Circle
 - 7:00 PM - Farewell Dinner

We hope you are as excited as we are! Please feel free to reach out if you have any questions or need further information.

Namaste,

The Yoga Retreat Team