Return To Self Retreat Itinerary

Please note that this is a rough itinerary, some small things may still shift around or change. If the time block doesn't have an activity: this is your time to journal, nap, go inwards on your own, wander on the property, connect with the community, and schedule in your 1-1 with Hannah.

	Day 1	Day 2	Day 3	Day 4
7:00-8:15		Morning Yoga: Flow	Morning Yoga: Flow	Meditation *30 min
8:45		Breakfast	Breakfast	Breakfast
10:00-10:30		Self-love Workshop		Closing Circle
10:30-11:00				
11:00-11:30				CHECK OUT
12:30		Lunch	Lunch	
1:00-3:00				
3:00-3:30	CHECK-IN		Outdoor Beach & Lake Activity	
3:30-4:00				
4:00-4:30				
4:30-5:30	Opening Circle	Afternoon Yoga: Power-Flow		
6:00		Dinner	Dinner	
7:30-8:30	Journaling Session	Sound bath Healing	Evening Yoga: Hatha-Yin	
8:30-9:30			Surprise Activity	