

REBALANCE RETREAT ITINERARY

Day	Activity
Friday	Arrival from 3pm
	4:00pm Opening Circle
	5:00pm Yoga
	6:30pm Dinner
	9:00pm Evening Meditation
Saturday	7:30am Morning Yoga
	9:00am Breakfast
	10:00am Creativity
	12:00pm Lunch
	1:00pm Nature Walk
	4:30pm Yoga
	6:30pm Dinner
	8:00pm Sound Healing
Sunday	8:30am Morning Yoga
	10:00am Breakfast
	11:00am Creativity
	1:00pm Lunch
	2:00pm Yin Yoga
	3:30pm Closing Ceremony

“Balance is not
something you
find it’s
something you
create”

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JANA KINGSFORD