

# REALIGN RETREAT ITINERARY

## Day

## Activity

Friday

Arrival from 2:00pm

3:30pm Opening Circle

4:30pm Yoga

6:30pm Dinner

8:00pm Evening Meditation

Saturday

7:30am Morning Yoga

9:00am Breakfast

10:00am Nature Walk

11:30am Yoga

1:00pm Lunch

2:30pm Creativity

4:30pm Exploring Sankalpa

6:30pm Dinner

8:00pm Evening Meditation

Sunday

7:30am Morning Yoga

9:00am Meditation & Visioning

10:30am Breakfast

11:30am Closing Circle

## Realign

to change or restore to a  
different or former  
position

