

## Retreat Schedule South Africa

	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00		07:15 MEDITATION (30')		07:30 SILENT MEDITATION (30')	
08:00		07:45 HATHA YOGA (75')	MINDFUL MOVEMENT WORKOUT (60')	HIIT WORKOUT (60')	FULL BODY STRENGTH WORKOUT (60')
09:00		09:15 BREAKFAST	09:15 BREAKFAST	09:15 BREAKFAST	YIN YOGA (60')
10:00					PACK
11:00					BRUNCH
12:00		11:15 LET'S TALK (60')	11:15 LET'S TALK (60')	11:15 LET'S TALK (60')	GUIDED JOURNALING & SHARING CIRCLE
13:00		LUNCH	LUNCH	LUNCH	GOOD BYE
14:00					
15:00	WELCOME & GET TO KNOW		OPT. NATURE CONNECTION RUN/HIKE (45-60')		
16:00					
17:00	Cacao Ceremony (90')	16:45 BREATHWORK (2H)	17:00 VINYASA YOGA (75')	16:45 BREATHWORK (2H)	
18:00					
19:00	DINNER	DINNER	DINNER	DINNER	
20:00	YIN YOGA (90')		20:15 MEDITATION (30')	ECSTATIC DANCE (60')	
21:00					
22:00	END OF DAY	END OF DAY	END OF DAY	END OF DAY	END OF DAY