## **Yoga in Sedona Retreat Schedule (tentative)**

	At MOONDANCE				At GRACE GROVE				
	Day 1 Sunday 9/6/2015	Day 2 Monday 9/7/2015	Day 3 Tuesday 9/8/2015	Day 4 Wednesday 9/9/2015	Day 5 Thursday 9/10/2015	Day 6 Friday 9/11/2015	Day 7 Saturday 9/12/2015	Day 8 Sunday 9/13/2015	
6:00 AM * 6:30 AM		Meditation Breathing	Sunrise Hike, Meditation &	Sunrise Hike, Meditation &	Sunrise Hike, Meditation &	Meditation & Breathing	Meditation & Breathing	Meditation & Breathing	IN SIL
7:00 AM 7:30 AM 8:00 AM		Vinyasa Yoga Practice	Breathing No-Host	Breathing No-Host	Breathing No-Host	Vinyasa Yoga Practice	Vinyasa Yoga Practice	Vinyasa Yoga & Closing Ceremony	SILENCE
8:30 AM 9:00 AM		No-Host Breakfast	Breakfast	Breakfast	Breakfast Check-Out of	Breakfast	Breakfast	Breakfast	
9:30 AM 10:00 AM		Explore Sedona			Moondance			Check-Out of Grace Grove	
10:30 AM 11:00 AM 11:30 AM		shopping for groceries & ???	Vinyasa Yoga Practice	Vinyasa Yoga Practice	Check into Grace Grove				
12:00 PM 12:30 PM		No-Host Lunch	No-Host Lunch	No-Host Lunch	Lunch	Lunch	Lunch		
1:00 PM 1:30 PM 2:00 PM 2:30 PM		Lounge by the POOL? Massage?			Walking Meditation	Walking Meditation	Walking Meditation		
3:00 PM 3:30 PM 4:00 PM 4:30 PM	Check-in to Moondance	Spa ? Museum ? Galleries ?	Pink Jeep Tour ?	Excursion to Jerome ?	Vinyasa Yoga Practice	Contact Yoga or "Other"	Yin Yoga or "Other"		
5:00 PM 5:30 PM	Gentle Yoga	Mystic Tour with shaman			Dinner	Dinner	Dinner		
6:00 PM 6:30 PM * 7:00 PM	Practice	(included in retreat fees)	Sunset Vortex Breathing & Meditation	Sunset Vortex Breathing & Meditation	Sunset Breathing & Meditation	Sunset Breathing & Meditation	Sunset Breathing & Meditation		
7:30 PM 8:00 PM 8:30 PM 9:00 PM	Welcome Dinner (HOSTED)	No Host Dinner (optional)	No Host Dinner (optional)	No Host Dinner (optional)	Discussion / Talk	Sweat Lodge (optional)	Discussion / Talk		
9:00 PIVI	Sunrise/set Free Time for (optional) EXPLORATION								