

Yoga in Sedona 2016 Retreat Schedule (tentative)

	Day 1 Tuesday 10/25/2016	Day 2 Wednesday 10/26/2016	Day 3 Thursday 10/27/2016	Day 4 Friday 10/28/2016	Day 5 Saturday 10/29/2016	Day 6 Sunday 10/30/2016	
4:30 AM					Wake-Up		4:30 AM
5:00 AM			Wake-Up		Out the Door		5:00 AM
5:30 AM		Wake-Up	Out the Door		DOE MTN Sunrise Hike, Meditation, Breathing & Vinyasa	Wake-Up	5:30 AM
6:00 AM		Meditation & Breathing	BELL ROCK Sunrise Hike, Meditation, Breathing & Vinyasa	Wake-Up Out the Door		Meditation & Breathing	6:00 AM
6:30 AM *		Vinyasa Yoga Practice				* 6:30 AM	6:30 AM
7:00 AM		No-Host Breakfast	No-Host Breakfast	West Fork Trail Hike (with meditation)	No-Host Breakfast	Vinyasa Yoga Practice	7:00 AM
7:30 AM		Explore Sedona Grocery Shopping				No-Host Breakfast	
8:00 AM		No-Host Lunch	No-Host Lunch	No-Host Brunch		Check-Out	8:00 AM
8:30 AM		Lounge By Pool ?	Excursion to Jerome ?		No-Host Lunch		8:30 AM
9:00 AM		Contact Yoga			Contact Yoga (or workshop)		
9:30 AM			Boynton Canyon Hike				9:30 AM
10:00 AM	Check-in to Moondance	No-Host Dinner (optional)					10:00 AM
10:30 AM	Gentle Yoga Practice		AIRPORT Vortex Sunset	Bell Rock Sunset	Cathedral Rock Sunset		10:30 AM
11:00 AM	5:30 PM *	Welcome Dinner (HOSTED)	No-Host Dinner (optional)	No-Host Dinner (optional)	Hosted Farewell Dinner & Discussion	* 5:30 PM	11:00 AM
11:30 AM		Drum & Fire Ritual (included in retreat fees)					11:30 AM
12:00 PM							12:00 PM
12:30 PM							12:30 PM
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8:00 PM							8:00 PM
8:30 PM							8:30 PM
9:00 PM							9:00 PM

* Sunrise/set

Free Time for (optional) Exploration

IN SILENCE