



Sample Schedule

6:30am - Optional Yoga Session to get your body moving

7:00am - Breakfast

8:00am - Group Discussion

9:00am - Individual Counselor Sessions, Small Groups and Downtime

12:00pm - Lunch

1:00pm - Individual Counselor Sessions, Small Groups and Downtime

4:00pm – Yoga, Group Discussion

6:00pm - Dinner

7:00pm - Recreation Time

8:00pm - Fire pit

9:30pm - Yoga Nidra Session

A detailed schedule will be provided at your retreat.