

Living Your Truth

Retreat Schedule

Friday

7:00 - 8:00 pm – Welcome, introductions and overview of *satya*

8:00 - 9:00 pm – Somatic Movement practice

Saturday

9:00 - 10:30 am – Mindfulness Session

10:30 am - 12:00 pm – Book Club discussion (optional)

12:00 pm - 2:00 pm - Lunch and free time

2:00 - 2:45 pm – MOKA coffee & chocolate tour (optional)

3:00 - 4:30 pm – Guided Hike (optional & weather permitting)

4:30 - 7:00 pm - Free time and dinner

7:00 - 9:00 pm - Saturday wrap-up, Restorative Yoga with Yoga Nidra

Sunday

9:00 - 10:30 am – Mindfulness Session

10:30 am - 12:00 pm – Weekend wrap-up, Slow Flow Yoga

Breakfast: 7:30 - 8:30 am

Lunch: 12:30 - 1:30 pm

Dinner: 6:00 - 7:00 pm

Check - in time: 4:00 pm

Check - out time: 12:30 pm