

Curated Itinerary

DAY ONE

5:00pm: Guest Arrival
5:45pm: Meet & Greet
7:00pm: Dinner/CEUs

DAY TWO

7:30am: Yoga
8:30am: Breakfast
9:30: CEUs
12:00 Excursion
5:30-7:00: CEUs
7:30: Dinner

DAY THREE

7:30am: Yoga
8:30am: Breakfast/CEUs
10:00-3:00pm: Spa Day and Lunch
4:00pm: CEUs
7:30pm: Pictures/Dinner

DAY FOUR

6:30am: Deep Stretch + Meditation
7:30am: Breakfast
9:00am: Departure