

# Your Curated Itinerary

SCOTTSDALE, ARIZONA

## DAY ONE

**VILLA OPEN TO GUESTS AT 5:00 PM**

EVENING: MEET AND GREET

SUNSET YOGA

DINNER

## DAY TWO

MORNING: SUNRISE YOGA

MINDFULNESS SEMINAR

BREAKFAST

AFTERNOON: SHOPPING + SPA DAY

EVENING: DINNER

## DAY THREE

MORNING: YOGA

MINDFULNESS SEMINAR

BREAKFAST

AESTHETIC INJECTING SEMINAR

HIKING EXCURSION

EVENING: DINNER

## DAY FOUR

MORNING: YOGA

MINDFULNESS SEMINAR

BREAKFAST

**VILLA DEPARTURE AT 9:00 AM**