

Colombia Yoga Adventure Retreat
March 11 - 17, 2023
Cartagena, Colombia

	<u>Saturday</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	
6:30 AM	GUEST ARRIVALS (No activities scheduled during this time)							
7:00 AM		Vinyasa Yoga 7:00-8:15am	Breakfast 7:30am	Vinyasa Yoga 7:00-8:15am	Breakfast 7:30am	Vinyasa Yoga 7:00-8:15am	Gentle yoga and Group Closing Session 7:00-8:15am	
8:00 AM								
8:30 AM								
9:00 AM		Breakfast 8:30am			Breakfast 8:30am		Breakfast 8:30am	
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM			City Tour and visit to Totumo mud volcano	Kayaking to Catillogrande Beaches (includes snack) optional yoga on the beach during this excursion	Free Time to relax, shop, etc.	Boat tour of the Rosario Islands, lunch and snorkeling	Visit traditional markets Cooking class (includes lunch)	GUEST DEPARTURES (No activities scheduled during this time)
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	Check In Time: 4PM							
5:00 PM		Yin Yoga 4:45-6:00pm	Yin Yoga 4:45-6:00pm	Option for either Salsa Dancing Class or Drum Workshop	Vinyasa-Yin Combo 4:45-6:00pm	Yin Yoga 4:45-6:00pm		
5:30 PM								
6:00 PM	Introduction and Intention Setting							
6:30 PM								
7:30 PM	Group Dinner	Dinner on your own	Dinner on your own	Dinner on your own	Dinner on your own	Group Dinner		
8:00 PM								
8:30 PM								
9:00 PM								