

Daily Schedule The Retreat Costa Rica

6:00 - 6:30 AM

(Self-guided) Morning Nature Meditation and Bird Watching

6:30 - 7:00 AM

(Self-guided) Coffee Served, Morning Green Juices

7:00 - 7:30 AM

Morning Burst (self-guided)

8:00 - 9:00 AM

Yoga Practice

9:00 - 10:30 AM

Breakfast

11:30 AM

Smoothies and Fruits

1:00 - 2:30 PM

Cold Lunch

3:00 3:45 PM

Wellness Class

4:00 - 5:00 PM

Restorative Yoga

5:15 - 6:00 PM

Bocas at Sunset

7:00 - 8:30 PM

Relaxing, Sit-down 3 Course Dinner

9:00 - 10:00 PM

Yoga Deck Fire Pit (Weather Permitting)