

## Retreat Schedule of Events & FAQ's Central Coast

### Retreat includes:

- 3 nights accommodations
- Yoga/movement & mobility sessions designed to open your body up and release tension
- Cross-training sessions, available for all levels including beginners
- Breakfast each morning, dinner each night (wine included) & a wine tasting event
- Stress & toxin reduction & body tension release workshops designed to teach you some important ways you can choose lifestyle choices for a happier, healthier you
- Meditation sessions each morning
- Welcome gift and more!

### Daily Agenda\* (subject to change):

Thursday: 5pm check in, 6:30pm yoga/movement & mobility, 7:30pm dinner

Friday: 8:00am meditation, 9:00am breakfast, 10:00am Reduce negativity & increase abundance workshop, 11:30am cross training session, 12:30pm-6pm free time, 6:30pm candlelight yoga, 7:30pm dinner

Saturday: 7:30am early rise meditation session, 8:00am Cross training session, 9:00am breakfast, 10:00am stress reduction workshop, 11:00am yoga, 12:00pm-7pm free time, 4pm optional wine tasting excursion, 7:30pm dinner

Sunday: 8:30am cross flow session (yoga & cross training combined), 9:00am nutrition workshop & breakfast, 11:00am meditation, 12-1pm check out

**Cost:** • 3 nights shared twin accommodations (15 available) \$699  
• 3 nights shared queen bed accommodation (3 available- this is TWO people sharing a queen bed): \$499 per person (based on double occupancy)

\*Each guest can choose to not participate in specific activities; however there will not be a reduction in session fees. Start times are approximate as we want our days to flow and adapt to the group as needed. \*\*lunch on Friday and Saturday is on your own- we recommend you check out some of the fabulous quant restaurants in town or feel free to eat snacks provided.

### FAQ's

#### What can I expect from the retreat?

This is a life changing experience designed to provide an entire health & wellness perspective and can be tailored for all levels of fitness and health. Enjoy a weekend of movement & mobility, yoga, cross training, meditation and lecture sessions-this is an opportunity for you to embrace your journey to a happier, healthier you.

**\*Please note: the rooms and bathrooms are designed to be shared, so be prepared to get to know someone and be cozy with others. If you would like to room with a friend, let us know ahead of time. Women only.**

Who is the retreat suitable for?

This retreat is suitable for all women who are interested in learning and experiencing a healthy lifestyle. Guests will learn ways to continue the practice at home; in the kitchen, on the mat, and in the world.

What about injuries or diet restrictions?

If you have specific injuries that you feel will compromise your ability to do certain things, we will set up modifications for you. Also if you have specific diet restrictions, let us know ahead of time so we can do our best to prepare meals to accommodate those needs.

What do I need to bring?

Comfortable clothing for yoga, movement & mobility and cross-training, tennis shoes for training as well as slip on shoes. Yoga mat if you have one (we will have some on site as well). Bring toiletries and even a book for journaling during free time (or taking notes). Bed linens, & towels are provided.

What is the cancellation policy?

If you must cancel at any time up to the three weeks, your \$150 deposit is forfeited and non refundable. If you cancel less than three weeks prior, there is no refund on any payments made. Final payment is due three weeks prior to the retreat start date.

What about transportation?

The nearest airport is San Luis Obispo County Regional Airport (SBP / KSBP). From there you can arrange a taxi service or car service. For more details contact us.

What is the minimum age?

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