Native Yoga Retreat Costa Rica 2018 Schedule

Saturday 9th	Sunday 10th	Monday 11th	Tuesday 12th	Wed 13th	Thursday 14th	Friday 15th	Saturday 16th
	6:00am Meditation/ Pranayama w/ Todd	6:00am Meditation/ Pranayama w/ Todd	6:00am Meditation/ Pranayama w/ Todd	6:00am Meditation/ Pranayama w/ Todd	6:00am Meditation/ Pranayama w/ Todd	6:00am Meditation/ Pranayama w/ Todd	
	6:30am-8:00am Mysore Ashtanga w/ Todd	6:30am-8:00am Mysore Ashtanga w/ Todd	6:30am-8:00am Mysore Ashtanga w/ Todd	6:30am-8:00am Mysore Ashtanga w/ Todd	6:30am-8:00am Mysore Ashtanga w/ Todd	6:30am-8:00am Led Primary Ashtanga w/ Todd	
	Breakfast 7 - 9:30am	Breakfast 7 - 9:30am	Breakfast 7 - 9:30am	Breakfast 7 - 9:30am	Breakfast 7 - 9:30am	Breakfast 7 - 9:30am	Breakfast 7 - 9:30am
	9:00am - 10:00am Gentle Vinyasa w/ Tamara	9:00am - 10:00am Vinyasa Flow w/ Waleah	9:00am - 10:00am Gentle Vinyasa w/ Tamara	9:00am - 10:00am Gentle Vinyasa w/ Tamara	9:00am - 10:00am Vinyasa Flow w/ Waleah	9:00am - 10:00am Gentle Vinyasa w/ Tamara	
Lunch 12pm - 2:30pm	Lunch 12pm - 2:30pm	Lunch 12pm - 2:30pm	Lunch 12pm - 2:30pm	Lunch 12pm - 2:30pm	Lunch 12pm - 2:30pm	Lunch 12pm - 2:30pm	Lunch 12pm - 2:30pm
		4:30pm-5:45pm Yin Yoga w/ Susie	4:30pm-5:45pm Yoga w/ Waleah	4:30pm-5:45pm Yoga w/ Waleah	4:30pm-5:45pm Yin Yoga w/ Susie		
Bodhi Tree Orientation 6pm							
Dinner 6:30pm-9pm	Dinner 6:30pm-9pm	Dinner 6:30pm-9pm	Dinner 6:30pm-9pm	Dinner 6:30pm-9pm	Dinner 6:30pm-9pm	Dinner 6:30pm-9pm	Dinner 6:30pm-9pm