

OM *Collective*



Nurture, Nourish, Nature: A Yoga Retreat with Soul

SCHEDULE

Friday

- 3:30 PM Arrive (chill)
- 4:30 PM Slow flow yoga + yin with Carla
- 6:30 PM Dinner
- 8:00 PM Sound healing with Cat

Saturday

- 7:30 AM Yoga & meditation with Fern
- 9:30 AM Breakfast
- 10:30 AM Guided hike
- 12:30 PM Lunch
- 1:30 PM Free time
- 4:30 PM Slow flow yoga + yin with Cat
- 6:30 PM Dinner
- 8:00 PM Evening reflection with Carla

Sunday

- 7:30 AM Yoga & meditation with Fern
- 9:30 AM Breakfast
- 10:30 AM Guided hike/free time
- 12:30 PM Lunch
- 1:30 PM Yoga Nidra Cat
- 2:00 PM Hugs till next time