

Yoga in Paradise with Rob & Kirsten – Mexico 2020

Daily Schedule

Time	Activity
7:00 – 8:30 am	Morning Yoga / Somatics
9:00 – 10:00	breakfast
10:30 – 12:30	Morning Workshop or Excursion
1:00 pm	lunch
2:00 – 4:30	free time
5:00 – 6:30	Afternoon Yoga / Somatics
7:00 – 8:00	dinner
8:30 – 9:30	Evening session (on some evenings)

This schedule reflects the flow of daily activities of our week retreat.
Everything is optional.

We are planning 2 group excursions away from the resort site on alternate days (Saturday & Tuesday).

Workshops, where we can delve a little deeper into practices of Somatics and Yoga Nidra will be offered at the resort on Friday & Sunday.
