

SOUL TRIPS | GENERAL AGENDA FOR ALL TRIPS

This is an example of what the schedule could be like for your trip. On retreats of 5 nights, assume the extra day will be as exciting as the other ones. :)

Please know that things can change according to the place we are at and the activities available to us

7:00 AM		Yoga			
7:30 AM					
8:00 AM		Refresh Change Shower			
8:30 AM		Breakfast			
9:00 AM					
9:30 AM		Get ready to leave	Get ready to leave	Workshop #2	Get ready to leave Say your goodbyes :(
10:00 AM		Volunteer work activity Lunch at the location	Outing as a group In retreats of 5 days we could do two outings to a national park and the beach or something along those lines.		
10:30 AM					
11:00 AM				Check out	
11:30 AM					
12:00 PM				Lunch	Shuttles will be arranged at a time that make sense for everyone.
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM		Personal Time Shower Relax Enjoy the surroundings Go to the swimming pool		Free time Enjoy! We give you options of places or activities you can do on your own time	
2:30 PM					
3:00 PM	Check in				
3:30 PM	Snacks + time to get settled				
4:00 PM		Workshop #1			
4:30 PM					
5:00 PM	Welcome!!		Depart for retreat location		
5:30 PM		Get ready for yoga	Refresh Shower Relax	Workshop #3	
6:00 PM	Yoga	Yoga			
6:30 PM			Yoga		
7:00 PM	Refresh yourself	Refresh yourself		Get ready for dinner	
7:30 PM	Dinner	Dinner	Dinner	Dinner Closing Ceremony	
8:00 PM					
8:30 PM					
9:00 PM	Special Opening Activity	Special Activity	Special Activity		