

REO YOGA RETREATS

MONDAY

7:00AM | Morning Flow
11:15AM | Flow Yoga
5:15PM | Flow Yoga
6:30PM | Social Hour
8:45PM | Restorative/Yin

TUESDAY

7:00AM | Morning Flow
11:15AM | Flow Yoga
5:15PM | Flow Yoga
8:45PM | Restorative/Yin

WEDNESDAY

7:00AM | Morning Flow
11:15AM | Flow Yoga
5:15PM | Flow Yoga
6:30PM | Social Hour
8:45PM | Restorative/Yin

THURSDAY

7:00AM | Morning Flow
11:30AM | Flow Yoga
5:30PM | Flow Yoga
8:45PM | Restorative/Yin

FRIDAY

7:00AM | Morning Flow
11:15AM | Flow Yoga
5:15PM | Flow Yoga
8:45PM | Restorative/Yin

SATURDAY

7:00AM | Morning Flow
11:15AM | Flow Yoga
5:15PM | Flow Yoga
8:45PM | Restorative/Yin

SUNDAY

7:00AM | Morning Flow
11:15AM | Flow Yoga
5:15PM | Flow Yoga
8:45PM | Restorative/Yin

Yoga Sessions will be held in the Yoga Shala or Forest Stage

7:00am & 8:45pm sessions may be held in Guest Services due to weather.

If the location changes, a sign will be displayed in the Yoga Shala