



# REO YOGA RETREAT

Welcome to the river's edge in  
beautiful British Columbia.

# Welcome to Your Yoga Retreat

We're so excited to welcome you to REO, where you'll practice yoga surrounded by the serene outdoors, a supportive community, and a safe space to grow. Whether this is your first retreat or one of many, we're here to help you reconnect with your body, breath, and spirit—while also building meaningful connections with like-minded souls.

Each day of your retreat is designed to guide you on a journey of self-discovery, restoration, and empowerment. From energizing flows to quiet, grounding practices, our schedule offers a balance of movement and stillness to nourish your whole being.

## What to Expect:

- Daily Movement, Mindfulness & Breathwork Practices (morning, afternoon, evening).
- Time for rest, journaling, connection, and exploration.
- Three delicious, nourishing meals served daily.
- Optional excursions like whitewater rafting, full-body massage, and more.

## Retreat Itinerary:

### Day 1

4:00pm - Check In  
5:00pm - Orientation  
5:30pm - Optional Yoga Session  
6:30pm - Settle In & Explore  
7:00pm - Dinner  
8:30pm - Restorative/Yin Yoga

### Day 4

7:00am - Morning Energizing Yoga  
8:00am - Reflection Circle, Goodbyes  
8:15am - Breakfast  
9:15am - Enjoy Your Morning  
11:00am - Check Out

### Day 2, 3

7:00am - Morning Energizing Yoga  
8:00am - Reflection Circle  
8:15am - Breakfast  
11:00am - Curated Class / Workshop  
1:15pm - Lunch  
2:15pm - Free Time  
5:30pm - Afternoon Yoga Class  
7:00pm - Dinner  
8:30pm - Restorative/ Yin

## Free Time?

Activities such as rafting, guided hikes, and archery can be booked through the front desk and added to your itinerary.

\*The 7:00am, 5:30pm, and 8:30pm classes are open to other REO guests.