

# Flow & Restore Retreat

## **JULY 8 - DAY 1**

4:00 PM - Check-in  
5:00 - 6:15 PM - Flow & Restore Yoga  
6:30 PM - Social Hour & Introductions  
7:15 PM - Dinner  
8:45 PM - Campfire Hangout & S'mores

## **JULY 9 - DAY 2**

7:15 - 8:30 AM - Flow Yoga  
8:30 AM - Breakfast  
10:30 - 11:30 AM - Guided Canyon Hike  
1:15 PM - Lunch  
3:30 - 4:30 PM - Sun Salutation Workshop  
6:00 - 7:15 PM - Stretch & Restore  
7:15 PM - Dinner  
8:45 PM - Campfire Hangout & Hot Tub  
10:00 PM - Dark Sky Star Gazing

## **JULY 10 - DAY 3**

7:15 - 8:30 AM - Flow Yoga  
8:30 AM - Breakfast  
10:30 - 11:30 AM - Mindfulness Meditation Workshop  
1:15 PM - Lunch  
2:15 PM - Rafting Adventure or Free Time  
6:00 - 7:15 PM - Yin & Restore  
7:15 PM - Dinner  
8:45 PM - Campfire Hangout & Hot Tub

## **JULY 11 - DAY 4**

7:15 - 8:30 AM - Flow Yoga  
8:30 AM - Breakfast  
9:30 AM - Free Time & Relaxation  
1:15 PM - Lunch  
2:30 PM - Free Time & Relaxation  
6:00 - 7:15 PM - Yin & Restore Yoga  
7:15 PM - Dinner  
8:45 PM - Campfire Hangout & Hot Tub

## **JULY 12 - DAY 5**

7:15 - 8:30 AM - Flow Yoga  
8:30 AM - Breakfast  
11:00AM - Check-out

### **\* FREE TIME**

During free time there are opportunities to explore the Look Out Hike, Grizzly Waterfall Outing or longer Mehtl Falls Hike (at an additional cost). You will also be able to book a massage.

