



REO YOGA RETREAT ITINERARY

Ready to join us in the serene outdoors?

We can't wait to host you along the river's edge in beautiful British Columbia.

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

SUNDAY

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

WORKSHOPS

Additional Wellness
Workshop are curated
based on your
interests and offered
Tues + Thurs-Sun.