**Joanne’s Crew**

**Hiking, Yoga & Wellness Retreat in the Catskills**

***(This is a guide and can easily be adjusted!)***

Retreat Itinerary

**Thursday, May 30:**

4:00 pm – check-in (Light refreshments available).

5:30 - 6:30 – Slow Flow Yoga Class in the Barn

7:00 – Apps & Cocktails

7:30 – Dinner

9:00 – Bonfire

**Friday, May 31, 2018:**

7:00-8:00 am – Optional Meditation, journaling, run etc

Master cleanse and coffee/teas /fruit/nuts available

8:00-9:15 – Energizing Vinyasa Flow Yoga Class

9:30- 10:30 – Breakfast

11:30 – 12:30 – Yoga Pose Workshop (Chataranga, Sun Salutations etc) **\*Optional.** Free time to explore the farm.

1:30-2:00 Light Lunch

2:00-3:30 - Hike #1 (Or, stay back and chill at the Farm)

5:30-6:45 – Flow, Stretch & Restore Yoga Practice

7:30 – Dinner

9:30 – Bonfire

**Saturday, June 1st, 2019:**

7:00-8:00 am – Optional Meditation, journaling, run etc

Master cleanse and coffee/teas /fruit/nuts available

8:00-9:00 – Energizing Vinyasa Flow Class

9:15-10:15 – Breakfast

10:30 – Hike #2

2:00 – Late light Lunch (or you can pack a lunch to take with you).

2:30-5:30 – Massages / Chill Time

6:00-7:15 – Flow, Stretch & Restore Yoga Class

8:00 – Dinner

9:30 – Bonfire

**Sunday, June 2nd, 2019:**

7:00-8:00 am – Optional Meditation, journaling, run etc

Master cleanse and coffee/teas /fruit/nuts available

8:00-9:30 – Energizing Vinyasa Flow Class

9:30-11:00 – Brunch

12:00 pm – Check-ouy