***Fitness & Yoga Recharge in Paradise***

**A Fitness & Wellness Retreat in Cabarate, Dominican Republic**

***A Super-Sized Santosha Warrior Boot Camp***

Retreat Itinerary

**Thursday, February 1st:**

3:00 pm Check-in

5:00-6:00 Welcome & Intention Setting (Kathy and Daryl)

Slow Flow Yoga Class (Kathy)

7:00 Welcome Appetizers and Cocktails

7:30 Dinner at La Mesa Taina Restaurant

**Friday, February 2nd:**

6:30 – 7:30 am Beach Meditation or Morning Beach Walk/Run (optional)

7:30 – 8:15 AfterBurn Workout with Daryl

8:15 – 8:30 Power Protein Smoothie

8:30 – 9:45 Flow Yoga (Kathy)

9:45 – 11:30 Brunch in La Mesa Taina Restaurant

11:30 – 4:00 Free time: beach, pool, massage, surfing lessons

3:45 – 4:30Strength Camp Workshop with Daryl

4:45 – 6:00 Flow & Restore Yoga

7:30 Dinner La Mesa Taina Restaurant

9:00 Bonfire

\* Coffee/teas /fruit/nuts available from 6:30 – 7:30 am

**Saturday, February 3rd:**

6:30 am Beach Meditation or Morning Beach Walk/Run (optional)

7:30 – 8:15 AfterBurn Workout with Daryl

8:30 Breakfast at La Mesa Taina Restaurant

10:15 \*Optional excursion.\* Pick Up in Reception for Taino Organic

Farm Tour, with river float and farm fresh lunch

3:30 – 4:00 Core Blast with Daryl

4:00 Afternoon Smoothie

4:45 – 5:45 Flow & Restore Yoga

7:30 Dinner at La Mesa Taina Restaurant

9:00 Bonfire & Closing

**Sunday, February 4th 2017:**

6:30 -7:30 am Beach Meditation or Morning Beach Walk/Run (optional)

7:30 – 8:15 AfterBurn Workout with Daryl

8:15 – 9:15 Flow Yoga

9:30 – 11:00 Brunch

12:00 pm Check-Out

**Class Descriptions**:

**AfterBurn Workout**  
The Afterburn workouts is a group personal training program where  
you'll get high energy, fun, and challenging workouts designed to burn  
maximum fat and tone your entire body in only 30-45 minutes.  
  
The specialized Afterburn workouts use a combination of (HIIT) High  
Intensity Interval Training and Active Rest Training to get your body  
to burn more fat and calories than traditional workouts that are twice  
as long.  
  
Personalization is key to getting the best possible results, which is  
why our workout programs are modified to fit your individual fitness  
goals and fitness level. Whether you're new to working out or you're  
an experienced fitness buff we will help to modify every workout so  
that you'll achieve your goals!  
  
**Strength Camp - Workshop**  
Strength camp is workshop designed to introduce individuals to the  
core lifts such as:  squats, deadlifts and bench press. Teaching  
individuals how to build strength, burn fat and increase mobility.  
  
The workshop will cover:  
\*How to build strength  
\*Proper technique and progressions  
\*Proper reps and sets  
\*Mobility exercises

**Flow Yoga**

This all levels class includes a variety of yoga poses linked together with breath awareness to create an energetic, dynamic flow. This class will also focus attention on poses designed to improve flexibility, joint mobility and the release of tight muscles.

All yoga classes include inspiring music, gentle hands-on adjustments, and an aromatherapy savasana massage.

**Flow & Restore Yoga**

Combination of a flow practice, followed by deep yin stretches with longer holds. Finishing with a one to two relaxing and healing restorative poses.