

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 - 9:45 PM - *Optional Yin Yoga or Campfire

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 - 9:45 PM - *Optional Yin Yoga or Campfire

JULY 12 - DAY 5

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

***YIN YOGA**

Optional nightly Yin classes taught by REO instructors

***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.

