



**Maui Yoga & Meditation Retreat  
September 28 - October 3, 2022**

**SAMPLE DAY ITINERARY**

*Three lunches and three dinners included at Lumeria's Farm-to-Table Restaurant*

Morning Vinyasa & Meditation

Silent Breakfast

*Journal / Reflection / or Free Time*

Lunch (in Paia or Lumeria)

*Afternoon Experiential Workshops/ Sacred Site visit / or Free Time*

Evening Sundown Yoga

Dinner (in Paia or Lumeria)

Evening Meditation