



Bloom at Beachwalk Retreat, August 17-20, Tentative schedule

Thursday, 8/17

- 4:00p Check-in at Beachwalk
- 6:00p Simple group dinner
- 8:00p Gather for sunset on beach, relax with a glass of wine, and a get-to-know-you activity

Friday, 8/18

- 7:00a Light breakfast (serve yourself)
- 7:30 – 8:30a Gentle yoga on the beach
- 8:30 – 9:30a Group meditative walk
- 9:30 – 10:30p Beach stone collection and group stone/sand project
- 11:00a – noon Lunch (serve yourself)
- 12:00 – 5:00p Afternoon free
- 6:00p Dinner
- 8:00p Sunset on the beach, relax with a glass of wine, take a long walk, or possible restorative yoga in the dark

Saturday, 8/19

- 7:00a Light breakfast (serve yourself)
- 7:30 – 8:30a Gentle yoga on the beach
- 8:30 – 9:30a Group meditative walk (with an option for a longer shore-line walk)
- 11:00a – noon Lunch (serve yourself)
- 12:00 – 5:00p Afternoon free time
- 6:00p Dinner
- 8:00p Sunset on the beach, relax or take a walk, or possible restorative yoga in the dark

Sunday, 8/20

- 7:00 – 8:00a Light breakfast (serve yourself)
- 8:00 – 9:00a Gentle yoga on the beach, closing ceremony
- 10:00a Checkout