Yoga Nature Retreat, Kokosun Farm, Maui, Feb 21-26th 2025

	Friday Feb 21	Saturday	Sunday	Monday	Tuesday	Wednesday
	Day 1 - Arrival	Day 2	Day 3	Day 4	Day 5	Day 6 departure
Always		**Tea & Coffee**	**Tea & Coffee**	**Tea & Coffee**	**Tea & Coffee**	**Tea & Coffee**
8-9:30		Morning Yoga & Pranayama	Morning Yoga & Pranayama	Morning Yoga & Pranayama	Morning Yoga & Pranayama	Morning Yoga & Pranayama
9:30		**Breakfast Bar**	**Breakfast Bar**	**Breakfast Bar**	**Breakfast Bar**	**Breakfast Bar**
10:30-11		*personal time*	*Personal time*	*personal time*	*personal time*	Closing
11-1		Understanding your Nervous System	Boundaries for Empaths	ZB sessions	**Field Trip with **lunch to-go** Twin Falls	**Departure**
1		**Lunch**	**Lunch**	**Lunch**		
2-4		Somatic Tea Ceremony - Sensory connection	Changing your life closing for weekend participants	Field Trip Mammas Beach		
4-5:30	**Arrival. 5 at Jungle house**	*Self Reflection Time*	*Self Reflection Time*		*Self Reflection Time*	
5:30	Yoga & Pranayama	Afternoon yoga & pranayama	Afternoon Practice	Afternoon Practice	Afternoon Practice	
7	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**	
8+	Social time (optional)	Social Time (optional)	Social Time (optional)	Social Time (optional)	Social Time (optional)	

- Weekend Participants program highlighted in green
- Saturday only program
- all workshops and yoga and pranayama activities will be held in the Jungle House. All meals will be held in the Dining Hall.
- Please be on time to all scheduled activities.