

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		<i>personal time</i>	<i>Personal time</i>	<i>personal time</i>	<i>personal time</i>	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	<i>Self Reflection Time</i>	<i>Self Reflection Time</i>		<i>Self Reflection Time</i>
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.