



Schedule of Events

Wednesday DAY 1

- 3:00 PM Check In & Pool Time
- 4:00 PM Power Yoga
- 5:00 PM Travel Rejuvenation Yoga
- 7-8:00 PM Jazz Welcome Dinner
- 8-9:00 PM Your Guide to Greatness - Making the most of your getaway!

Thursday DAY 2

- 7:15 AM Morning Meditation & Goal Setting
- 7:30 AM Vinyasa Yoga
- 8:30 AM Breakfast
- 10:00 AM Hiking
- 12:30 PM Lunch
- 1:00 PM Free Time & Spa Services
- 4:30 PM Hula Hoop Class
- 5:30 PM Restorative Yoga
- 7:30 PM Latin Dinner - Keynote speaker
- 8:30 PM Salsa Dance Class

Friday DAY 3

- 7:15 AM Morning Meditation & Goal Setting
- 7:30 AM Power Yoga
- 8:30 AM Breakfast
- 10:00 AM Horseback Riding
- 12:30 PM Lunch
- 1:30 PM Free Time & Spa Services
- 4:00 PM Power Pilates
- 5:00 PM Yin Yoga
- 7:00 PM French Dinner - Keynote Speaker
- 8:30 PM Sexy Boudoir Dance Class

Saturday DAY 4

- 7:15 AM Morning Meditation & Goal Setting
- 7:30 AM Flow Yoga
- 8:30 AM Breakfast
- 10:00 AM Bike Tour
- 12:30 PM Lunch
- 2:00 PM DIY Organic Skincare
- 3:30 PM Free Time & Spa Services
- 4:30 PM Abs & Booty Training
- 7:00 PM Farewell Gala Dinner
- 9:00 PM Comedy Club

Sunday DAY 5

- 7:15 AM Morning Meditation & Goal Setting
- 7:30 AM Detox Yoga
- 8:30 AM Breakfast

- Departures & Pool Time