

# Journey to Paradise Yoga Retreat

## w/ Natasha Lenon & Adrienne Shum

### Costa Rica | Feb 11-18, 2018

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#### SAMPLE ITINERARY

<p><i>Day 1</i>          Arrive at Luna Lodge in the early afternoon, settle in          Opening ceremonies          Twilight restorative yoga practice          6:15 pm - Dinner          7:00 pm - Free time / bed time</p> <p><i>Day 2</i>          6:00 am - Morning sunrise sitting meditation          7:15 am - Breakfast          9:30 am - Yoga practice          12:00 pm - Lunch          1-4 pm - Free time / exploring / resting          4:30-5:45 pm - Twilight restorative or yin yoga          6:15 pm - Dinner          7:00 pm - Free time / bed time</p> <p><i>Day 3</i>          6:00 am - Morning sunrise sitting meditation          7:15 am - Breakfast          9:30 am - Yoga practice          12:00 pm - Lunch          1:00 pm - Forest bathing ritual (shinrin-yoku)          2:00-4:15 pm - Free time          4:30-5:45 pm - Twilight restorative or yin yoga          6:15 pm - Dinner          7:00 pm - Free time / bed time</p> <p><i>Day 4</i>          6:00 am - Morning sunrise sitting meditation          7:15 am - Breakfast          9:30 am - Yoga practice          12:00 pm - Lunch          1:15 pm - Dharma talk          2:00-4:15 pm - Free time          4:30-5:45 pm - Twilight restorative or yin yoga</p>	<p>6:15 pm - Dinner          7:00 pm - Free time / bed time</p> <p><i>Day 5</i>          6:00 am - Morning sunrise sitting meditation          7:15 am - Breakfast          9:30 am - Yoga practice          12:00 pm - Lunch          1:00-4:00 pm - Free time          4:30-5:45 pm - Twilight restorative or yin yoga          6:15 pm - Dinner          7:00 pm - Free time / bed time</p> <p><i>Day 6</i>          6:00 am - Morning sunrise sitting meditation          7:15 am - Breakfast          8:00-4:00 pm - Option for guided tours or stay on property to relax, walk to beach, hike small trails around property          4:30-5:45 pm - Twilight restorative or yin yoga          6:15 pm - Dinner          7:00 pm - Free time / bed time</p> <p><i>Day 7</i>          6:00 am - Morning yoga practice          7:15 am - Breakfast          8:00-4:00 pm - Same as Day 6          4:30-5:45 pm - Twilight restorative or yin yoga          6:15 pm - Dinner          7:00 pm - Closing ceremony</p> <p><i>Day 8</i>          6:00 am - Morning yoga practice          7:15 am - Breakfast          Get ready for departures after breakfast          Go back to San Jose</p>
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