

Retreat Itinerary

Radiant Reset Retreat

January 18th-23rd 2024

Thursday

ARRIVAL DAY

18th

5pm Boat Ride to Yelapa
6:30pm Dinner at Casa Isabel
8pm Welcome Ceremony

Friday

8:30am: Breathwork & Meditation
9am: Yoga Asana Practice
10am: Breakfast at Casa Isabel
11am: Explore Town (Optional)
12pm-4pm: **Paddleboarding** & Free Time
4pm: Unwind Yoga
6pm: Dinner in Town

Saturday

8:30am: Breathwork & Meditation
9am: Yoga Asana Practice
10am: Breakfast at Casa Isabel
12pm-3pm: **Temascal**
4pm: Yin Yoga
6pm: Dinner at Casa Isabel

Sunday

8:30am: Breathwork & Meditation
9am: Yoga Asana Practice
10am: Breakfast at Casa Isabel
11am-4pm: Free time!
4pm: **Cacao Ceremony**
6pm: Dinner in Town

Monday

7:30am **Sunrise Hike**
9am: Breakfast at Jungle Garden
10am: **Continue to Waterfall**
1pm-5pm: Free Time
5pm: **Sound Bath**
6pm: Dinner at Casa Isabel

Notes :

This itinerary is subject to change depending on local events and how we may be feeling as a group.

*Free Time: An opportunity to explore town, enjoy a bodywork session, Paddle Board, journal, etc.

Silent Mornings:

As a group we will be honoring the space & each other by remaining silent until our designated meeting time

Important Numbers:

Krystal: (503) 757-7439

Casa Isabel Host (Reva): (206) 372-5589

Moto/ATV Transportation:
+52 (322) 352-2215 (Rogelio)

Tuesday

23rd

Departure Day

8am: Breakfast

9:30am: Boat Ride Back to PV

