

## Our Daily Schedule

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6:00 - 6:30 AM

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(Self-guided) Morning Nature  
Meditation and Bird Watching

9:00 - 10:30 AM

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Breakfast

4:00 - 5:00 PM

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Restorative Yoga

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6:30 - 7:00 AM

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(Self-guided) Coffee Served,  
Morning Green Juices

11:30 AM

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Smoothies and Fruits

5:15 - 6:00 PM

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Bocas at Sunset

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7:00 - 7:30 AM

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Morning Burst (self-guided)

1:00 - 2:30 PM

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Cold Lunch

7:00 - 8:30 PM

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Relaxing, Sit-down 3 Course  
Dinner

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8:00 - 9:00 AM

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Yoga Practice

3:00 3:45 PM

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Wellness Class

9:00 - 10:00 PM

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Yoga Deck Fire Pit (Weather  
Permitting)