

Live in Love Retreat 2018
Itinerary

FRIDAY

ARRIVE on Sandy Island via boat through complimentary shuttle services. Grab a shuttle boat at the North Woods Camp at one of the following times:

2:00 pm Guest Boat

5:00 pm Guest Boat

7:00 pm Guest Boat (for late arrivals; will miss dinner)

3:30 – 4:30 pm: Yoga for All Levels
6:00 – 7:00 pm: DINNER
7:30 – 8:30 pm: WELCOMING CIRCLE for everyone!
8:30 pm: CONSCIOUS CONNECTIONS

SATURDAY

5:00 am: Sunrise Ceremony with Christina
6:30 am: Kitchen opens – continental breakfast available for early risers
7:30 – 8:30 am: Morning Yoga Stretch featuring yoga assists, Reiki, & live music!
8:30 – 9:30 am: FULL BREAKFAST
9:45 – 11:15 am: Session #1 – RELAX with Kate
11:15 – 11:30 am: Snack Time in the Lodge
11:30 am – 12:30 pm: Session #2 – special guest Lexi Reale
12:30 – 1:30 pm: LUNCH
1:30 – 2:30 pm: YOU Time! (Ahhh...rest and relax, explore the island, nap, breathe, shine)
2:30 – 4:00 pm: Session #3 – DISCOVER with Lani
4:00 – 5:30 pm: LIVE IN LOVE ADVENTURE TIME ~ details to be announced
6:00 – 7:00 pm: DINNER
7:30 – 8:00 pm: Group Meditation
8:15 pm: Moonlight Surprise, with special guests Lexi Reale, Jim Tyrrell, and Holly Furlone

SUNDAY

5:00 am: Sunrise Ceremony with Christina
6:30 am: Kitchen opens – continental breakfast available for early risers
7:30 – 8:30 am: Morning Yoga Stretch featuring yoga assists, Reiki, & live music!
8:30 – 9:30 am: FULL BREAKFAST
9:45 – 11:15 am: Session #4 – GROW with Christina
11:15 – 11:30 am: Snack Time in the Lodge
11:30 am – 12:00 pm: Closing Ceremony & Circle
12:00 pm: Group Photo on the Lodge Porch!
12:30 – 1:30 pm: LUNCH

DEPARTURE BOATS:

2:00 pm: Departure Boat

3:00 pm: Departure Boat

This is your TIME TO SHINE! We hope you join us for this extraordinary weekend – a chance to feel what it feels like to LIVE IN LOVE.

***Subject to Change: Please note, the 2018 Itinerary provides a guideline for your convenience and is subject to last minute, exciting refinements!*