

Live in Love Retreat 2019
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 – 9:30 pm: WELCOMING MAGIC for Everyone - Meet at the Waterfront!

SATURDAY

4:50 am: Sunrise Fire Ceremony with Christina at the Waterfront

6:30 am: Kitchen opens – continental breakfast available for early risers

7:15 – 8:30 am: Morning Yoga Stretch featuring yoga assists, Reiki, & live music!

8:30 – 9:30 am: FULL BREAKFAST

10:00am – 12:30 pm: Light, Truth, Magic: THIS IS ME (Session One)

12:30 – 1:30 pm: LUNCH

1:00 – 1:30 pm: YTT Q&A with Christina and Panel!

1:30 – 2:00 pm: YOU Time! (Ahhh...rest and relax, explore the island, nap, breathe, shine)

2:00 – 4:00 pm: Good, Good, GOOD VIBRATIONS (Session Two)

4:00 – 5:30 pm: LIVE IN LOVE ADVENTURE TIME ~ details to be announced

6:00 – 7:00 pm: DINNER

7:30 – 9:00 pm: Signs, Signs, Everywhere SIGNS! (Session Three)

SUNDAY

4:50 am: Sunrise Fire Ceremony with Christina at the Waterfront

6:30 am: Kitchen opens – continental breakfast available for early risers

7:15 – 8:30 am: Morning Yoga Stretch featuring yoga assists, Reiki, & live music!

8:30 – 9:30 am: FULL BREAKFAST

9:00 - 9:30 am: YTT Q&A with Christina and Panel!

9:30 – 10:00 am: Clean & Pack time!

10:00 am – 12:00 pm: COOL CHANGE: Closing Session & 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 2019 Itinerary provides a guideline for your convenience and is subject to last minute, exciting refinements!*