



Retreat to the Mexican Pacific w/ Seane Corn!

Saturday, April 15th

Arrivals at Playa Viva (check in available after 3pm)

5:00pm ~ Playa Viva Welcome & Orientation

5:30-7:30pm ~ Opening Circle & Practice w/ Seane

7:30pm ~ Welcome Dinner

Sunday, 4/16, Monday, 4/17, Wednesday, 4/19 & Friday, 4/21

7:00-9:00am ~ Breakfast

9:00-11:30am ~ Yoga Morning Practice ~ Main Yoga Palapa

12 Noon ~ Lunch

5:30-7:00pm ~ Evening Yoga

7:30pm ~ Dinner

Tuesday, April 18th & Thursday April 20th – Group Excursion Days

7:00-9:00am ~ Breakfast

9:00-11:30am ~ Yoga Morning Practice ~ Main Yoga Palapa

12 Noon ~ Lunch

12:30-4:00pm Group # 1 Tuesday/Group #2 Thursday–*Temazcal Ceremony*

4:30pm Snacks/Appetizers for everyone

6:00-7:00pm ~ Evening Yoga

7:30pm ~ Dinner

Saturday, April 22nd

7:00-8:00am ~ Light Breakfast

8:00-10:00am ~ Yoga Morning Practice

10:00am ~ Farewell Brunch

11:00am – Check outs (hotel can store your luggage if needed)

Departures: Hotel Staff will coordinate transfer times with you