

ANAMAYA RESORT • WEEKLY RETREAT SCHEDULE APRIL 27 - MAY 4

Joseph & Chela • Vibrant Living Detox Retreat

ALL ACTIVITIES REQUIRE PREVIOUS BOOKING THROUGH RECEPTION

ALL CLASSES ON THE LOWER YOGA DECK (UNLESS OTHERWISE SPECIFIED)

SAT 27	SUN 28	MON 29	TUE 30	WED 1	THURS 2	FRI 3	SAT 4
		7am Breathwork & Meditation	7am Breathwork & Meditation	7am Breathwork & Meditation	7am Breathwork & Meditation	7am Breathwork & Meditation	
	7:30 am - 9:00 am Yoga Class \$15	7:30 am - 9:00 am Yoga Class \$15	7:30 am - 9:00 am Yoga Class \$15	7:30 am - 9:00 am Yoga Class \$15	7:30 am - 9:00 am Yoga Class \$15	7:30 am - 9:00 am Yoga Class \$15	
							8:00 am Breakfast
	9 am Breakfast	9 am Breakfast	9 am Breakfast	9 am Breakfast	9 am Breakfast	9 am Breakfast	
	10 am - 11 am Opening Circle Orientation	10:15 am Nature Immersion	10:15 am - 11:15 am Integration Circle	10:15 am - 12:15 pm Health & Spirituality Class	10:15 am - 11:45 am Integration Circle	10:15 am - 11:45 am Manifestation and Reintegration	11:00 am check out
	11:15 am - 12:45 pm Detox Intro	All day excursion					
	1 pm Lunch	Light Beach Lunch	1 pm Lunch	1 pm Lunch	1 pm Lunch	1 pm Lunch	
2:00 pm Check in	2 pm - 5 pm Foot Bath \$55 and HRV Testing \$0	3 pm - 4 pm Sound Healing w/ Patricia at the beach	2 pm - 4:30 pm Foot Bath \$55 and/or Drip IV \$ (price varies)	1:30 pm - 7:00 pm Santa Teresa Beach Trip			
	5:00 pm Snack	5:00 pm Snack	4:30 pm Snack		5:00 pm Snack	5:00 pm Snack	
	5:30 pm - 6:30 pm Yin - Restorative Yoga \$15		4:45 pm - 6:45 pm Breathwork Ceremony		5:30 pm - 6:30 pm Yin - Restorative Yoga \$15	6:15 pm Closing Circle	
7:00 pm Dinner	7:00 pm Dinner	7:00 pm Dinner	7:00 pm Dinner	7:00 pm Dinner or Broth	7:00 pm Dinner	7:00 pm Dinner	
		8 pm - 9:30 pm Documentary Night			8:30 pm Anamaya Performance & Ecstatic Dance	8 pm Song Circle	

- A CANCELLATION OR REQUEST TO RESCHEDULE ANY TOUR, MASSAGE, OR ACTIVITY MADE LESS THAN 24-HOURS IN ADVANCE WILL RESULT IN A CANCELLATION FEE OF 100% OF THE BOOKED SERVICES. SALES TAX (13%) TO BE ADDED TO ALL THE PRICES ABOVE.

- ANAMAYA STAFF WORKING HOURS ARE FROM 6:00 AM TO 9:00 PM.