

# Yoga4Sobriety Costa Rica Retreat

## Tentative Agenda

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### **SUNDAY December 8, 2019**

Arrival and check-in

5:30 PM - Step one meeting

7:00 PM - Dinner

8:00 PM - First chakra yoga nidra

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### **MONDAY December 9, 2019**

7:00 AM - First chakra step one yoga practice

8:00 AM - Breakfast

9:00 AM - Step two meeting

10:00 AM - Workshop

11 AM - 12:00 PM - Free time

12:00 PM - First chakra step two yoga practice

1:30 PM - Lunch

2:30 - 4:30 PM - Free time

4:30 PM - Step three meeting

5:30 PM - First chakra step three yoga practice

7:00 PM - Dinner

8:00 PM - Steps one, two, three yoga nidra

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### **TUESDAY December 10, 2019**

7:00 AM - Second chakra step four yoga practice

8:00 AM - Breakfast

9:00 AM - Step four meeting

10:00 AM - 1:30 PM - Free time

1:30 PM - Lunch

2:30 PM - 3:30 PM - Free time

3:30 PM - Workshop  
4:30 PM - Second chakra step five yoga practice  
5:30 PM - Step five meeting  
7:00 PM - Dinner  
8:00 PM - Steps four & five yoga nidra

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### **WEDNESDAY December 11, 2019**

7:00 AM - Third chakra step six yoga practice  
8:00 AM - Breakfast  
9:00 AM - Step six meeting

10:00 AM - 1:30 PM - Free time  
1:30 PM - Lunch  
2:30 - 3:30 PM - Free time

3:30 PM - Workshop  
4:30 PM - Third chakra step seven yoga practice  
5:30 PM - Step seven meeting  
7:00 PM - Dinner  
8:00 PM - Steps six & seven yoga nidra

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### **THURSDAY December 12, 2019**

7:00 AM - Fourth chakra step eight yoga practice  
8:00 AM - Breakfast  
9:00 AM - Step eight meeting

10:00 AM - 1:30 PM Free time  
1:30 PM - Lunch  
2:30 - 3:30 PM Free time

3:30 PM - Workshop  
4:30 PM - Fourth chakra step nine yoga practice  
5:30 PM - Step nine meeting  
7:00 PM - Dinner  
8:00 PM - Steps eight & nine yoga nidra

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**FRIDAY December 13, 2019**

7:00 AM - Fifth chakra step ten yoga practice

8:00 AM - Breakfast

9:00 AM - Step ten meeting

10 AM - 12:30 PM - Free time

12:30 PM - Step eleven meeting

1:30 PM - Lunch

2:30 PM - Sixth chakra step eleven meditation practice

3:30 - 4:30 PM - Free time

4:30 PM - Seventh chakra step twelve yoga practice

5:30 PM - Step twelve meeting

7:00 PM - Dinner

8:00 PM - Steps ten, eleven, twelve yoga nidra

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**SATURDAY December 14, 2019**

7:00 AM - Seven chakra yoga practice

8:00 AM Breakfast

9:00 AM Pack and departures or free time depending on your flights