

Yoga In The Raw

a raw food and yoga retreat

December 8th-13th, Hotelito de los Sueños, Sayulita, Mexico

Friday

08:00 - 09:00 AM Yoga

09:30 - 10:30 AM Light Breakfast

10:30 AM Market Adventure , Free time + Lunch (own cost)

03:30 PM Cooking Lesson (Energy Bites)

07:00 - 08:00 PM Dinner

09:30 PM Yoga Nidra

Saturday

08:00 - 09:00 AM Yoga / Meditation

09:30 - 10:30 AM Light breakfast

11:00 AM - 12:30 PM Cooking Lesson

1:00 PM Lunch + Break / Free Time

02:30 - 04:00 PM Beach Yoga

04:00 Free time + Dinner (own cost)

09:30 PM Yoga Nidra

Sunday

07:00 - 08:00 AM Yoga / Meditation

08:00 - 09:00 AM Light Breakfast

09:00 AM - 12:00 PM Nature Walk Mal Pasos Beach

12:00 PM Lunch out (own cost) + Free time

02:00 - 04:00 PM Yin Yoga

04:00 - 06:00 PM Cooking Lesson

06:00 PM Dinner

08:00 PM Yoga and Talking Circle

Monday

08:00 - 09:00 AM Yoga

09:00 - 10:30 AM Light Breakfast

10:30 AM Free time OR Surf / SUP at La Lancha ♥

Late Lunch & Build Your Own Pizza (own cost)

07:00 PM Dinner

09:30 PM Yoga Nidra

Tuesday

08:00 - 09:00 AM Yoga / Meditation

09:30 - 10:30 AM Light breakfast

11:00 AM - 12:30 PM Cooking Lesson

1:00 PM Lunch + Free Time

02:30 - 03:30 PM Yoga

03:30 - 04:30 PM Sacred Cacao Ceremony

06:00 PM Dinner at Corazones or Leida ♥

Wednesday

08:00 - 09:00 AM Yoga / Meditation

09:30 - 10:30 AM Breakfast aka BIG BRUNCH!

10:30 AM Free time OR Whale Watching ♥

Lunch on the town (own cost)

04:00 - 06:00 PM Cooking Lesson

06:00 PM Dinner

08:00 PM Yoga and Talking Circle

♥ Optional activity, own cost

