



Retreat to the Sea
With Astrid Santana and Tra Kirkpatrick
Sonesta Resort Hilton Head Island, South Carolina
Thursday, May 11th through Sunday, May 14th, 2017

Preliminary Schedule*

Thursday, May 11th:

3-4pm: Arrival/Check-in
4-4:30pm: Welcome with Melissa and Nicole
4:30-5:45pm: Yoga with Tra
6:15-7:45pm: Buffet Dinner with Retreat Group
8-9pm: Yin/Restorative Yoga and Meditation with Astrid

Friday, May 12th:

7-9am: Visit to Pickney Island National Wildlife Refuge and Yoga with Astrid
OR
8:30-9:30am: Beach Walk and Yoga with Tra
9:30-11am: Breakfast Buffet
11am-12:15pm: SUP Yoga (for additional fee)
4-6pm: Yoga Workshop with Tra (title and description TBA)
6:15-7:45pm: Buffet Dinner with Retreat Group
8-9pm: Yin/Restorative Yoga and Meditation with Astrid

Saturday, May 13th:

8:30-9:30am: Beach Walk and Yoga with Astrid
9:30-11am: Breakfast Buffet
11am-12:15pm: SUP Yoga (for additional fee)
4-6pm: Yoga Workshop with Astrid (title and description TBA)
6:15-7:45pm: Buffet Dinner with Retreat Group
8-9pm: Yin/Restorative Yoga and Meditation with Tra

Sunday, May 14th:

8:30-9:30am: Beach Walk and Yoga with Tra
9:30-11am: Breakfast Buffet
11am-noon: Yoga and Goodbyes

**All activities listed on this schedule are available for you to enjoy at your leisure. Feel free to participate in all or just some of these activities as you wish!*