



# MYWELLNESS TLV MINI RETREAT SCHEDULE



## FRIDAY:

**9 AM** - Vinyasa Yoga & Sound Healing Meditation -

**11 AM** - Delicious Vegan brunch by the sea

**1 PM** - Journaling/Sharing circle -

**2 PM** - Self Massage & Myofascial Release workshop + Yin Yoga

**4 PM** - Tea + Snack

**6 PM** - Mindful Movement & Yoga -

## SATURDAY:

**9 AM** - Ashtanga Yoga & Pranayama -

**11 AM** - Delicious Vegan brunch by the sea

**1 PM** - Chakra & Elements sharing circle -

**2 PM** - Somatic Yoga workshop-

**4 PM** - Tea + Snack

**6 PM** - Yoga Alignment Workshop + Cacao Ceremony + Sound Healing (Closing circle)

**CONTACT US FOR BOOKINGS: 0502685735**