

#	DATE	DAY TO DAY DETAIL	LOCATION	ACCOMMODATION
0	Sunday	We will arrange an airport pick up for you where you'll be taken to the beach side hostel.	Accomodation of your choice.	Accomodation of your choice.
1	Monday	One of the lovely members of staff who are all our friends, will help you get an 8am taxi to the bus stand where you will get on a 2 hour local bus to the Beach house. When you get off the bus, walk down the drive until you get to the very end, near the sea, the reception is on the left. Check yourself in and make your way to the pool, soon Carina will come to find you! Your retreat starts when you get into Beach House so if you are keen, your morning session can start when you are ready,	A locally run, beach side lodge.	A twin share, private garden bure in a traditional and contempory in style with outdoor shower room.
2	Tuesday	Yoga will be in the morning and afternoon either on the yoga deck, beach deck or on the beach. You will dedicate each day to a different chakra a day. Your inclusive activity will be shark snorkelling.	A locally run, beach side lodge.	A twin share, private garden bure in a traditional and contempory in style with outdoor shower room.
3	Wednesday	Yoga will be in the morning and afternoon with Carina either on the yoga deck, beach deck or on the beach. You will dedicate each day to a different chakra a day. Your inclusive activity will be the outer island day trip.	A locally run, beach side lodge.	A twin share, private garden bure in a traditional and contempory in style with outdoor shower room.
4	Thursday	Yoga will be in the morning and afternoon with Carina either on the yoga deck, beach deck or on the beach. You will dedicate each day to a different chakra a day. Your inclusive activity will be the jungle walk to a local waterfall.	A locally run, beach side lodge.	A twin share, private garden bure in a traditional and contempory in style with outdoor shower room.
5	Friday	Yoga will be in the morning and afternoon with Carina either on the yoga deck, beach deck or on the beach. You will dedicate each day to a different chakra a day. Your inclusive activity will be the SUP meditation session.	A locally run, beach side lodge.	A twin share, private garden bure in a traditional and contempory in style with outdoor shower room.

ISLAND SPIRIT™

WILDCRAFTED ADVENTURE

6	Saturday	Yoga will be in the morning and afternoon with Carina either on the yoga deck, beach deck or on the beach. You will dedicate each day to a different chakra a day.	A locally run, beach side lodge.	A twin share, private garden bure in a traditional and contempory in style with outdoor shower room.
7	Sunday	Yoga will be in the morning and afternoon with Carina either on the yoga deck, beach deck or on the beach. You will dedicate each day to a different chakra a day.	A locally run, beach side lodge.	A twin share, private garden bure in a traditional and contempory in style with outdoor shower room.
8	Monday	Yoga will be in the morning. Check out is at 11am but feel free to absorb the atmosphere for the rest of the day. Today is a day of relaxation, reflection and personal time.	Accomodation of your choice.	Accomodation of your choice.

