

#	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.	Wailoaloa, Nadi.	Bamboo Backpackers.
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.	Dormatory.
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.	Dormatory.
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.	Dormatory.
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.	Dormatory.
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.	Dormatory.

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.	Dormitory.
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.	Dormitory.
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.	A locally run, beach side lodge.	Hotel/youth hostel

NOTE:

- * Please bring about \$50FJD cash to get from Nadi to the landing on the first day.
- * Remember 10% of proceeds go back to 1 of 3 community projects of your choice.
- * One the final day you can also take a taxi all the way to Nadi from the landing, it is the easiest and quickest option which will cost around \$FJD150-\$FJD200.

