**Palm Springs**

**Naked Yoga and Hiking Retreat**

**Thursday**

**6:30pm Opening Practice & Intention Setting with Dan & Joaquin**

**8:00pm Dinner Reservation** [**Brickworks Pizza**](https://brickworksbistro.com/menu)

**Friday**

**8:30am Strength From Breath Vinyasa Yoga with Joaquin**

**6:00-7:30 Happy Hour at INNdulge**

**7:00pm Taco Dinner at INNdulge**

**8:00pm Golden Hour Slow Flow and Meditation with Dan**

**Saturday**

**7:45am Hiking with Palm Springs Naked Hiking**

**1:00pm Barbeque at INNdulge**

**5pm Arm Conquer Your Fear of Falling Workshop with Joaquin**

**6:00-7:30 Happy Hour at INNdulge**

**Sunday**

**8:30am Stability in Your Flow Vinyasa Yoga with Joaquin**

**10:30am Drag Brunch at** [**ROLY China Fusion**](https://www.rolychinafusion.com/palm-springs-drag-brunch/)

**5:30-7:00pm Happy Hour at INNdulge**

**7:00pm Getting Touch on Your Terms with Dan**

**Monday**

**8:30am Support, Touch and Flow with Dan**