Naked Yoga and Adventure Retreat:

Inexhaustible Energy

**Thursday**

**4pm Arrival & Registration**

**7:00pm Opening Practice with Dan**

**8:30pm Pizza Dinner**

**Friday**

**7:30am Farm Style Breakfast with Fresh Eggs and Bacon**

**8:30am Yoga with Dan (Finding Energy Inward)**

**12pm Free Time and Cold Plunge**

**1pm BBQ**

**6pm Foundational Strength Workshop**

**7:30pm Taco Night**

**8:30pm Sunset Hayride and Meditation**

**Saturday**

**7:30am Farm Style Breakfast**

**8:30am Yoga with Dan (Drawing Energy Outward)**

**11:30am Hiking White Oak Canyon (Bagged Lunch)**

**4pm Local Winery Tour and Tasting**

**6pm Partner Yoga Workshop**

**7:30pm Taco Dinner**

**9pm Movie Night Under the Stars**

**Sunday**

**7:30am Farm Style Breakfast**

**8:30am Closing Practice with Dan**

**12pm Departure**