**Ongoing 5 or 7 Day SUP Yoga and Torrey Pines Hiking Retreat**

SAMPLE ITINERARY *subject to change\**

**Day of Arrival:**

3:00 Check-in

5:00 Introductions and outdoor immersion

7:00 Dinner

**Retreat Day(s):**

07:00 Breakfast

07:30 Optional morning beach or lagoon walk

08:30 Morning meditation and flow yoga practice

11:00 Paddleboard yoga at the harbor with a picnic lunch

2:00 Free time: spend time at the harbor, visiting the village, hiking trails, or reading

5:30 Dinner

Evenings are free for journaling, exploring the Village, or simply hanging out around the outdoor fire.

**Day of Departure:**

07:00 Breakfast

07:30 Optional morning hike

08:30 Morning meditation and flow yoga practice

09:30 Breakfast

10:30 Seasonal ceremony

11:30 Departures and free time at the tide pools, ocean or village