

Wellness Retreat 2024

ITINERARY

*Sail plan depends on weather conditions and activities may change accordingly

TUES
4/16

5-6PM - ARRIVE | MARINA PUERTO ESCONDIDO

6PM: Welcome drinks and introductions
Settle into cabins and get acquainted with the boat
Dinner aboard catamaran

WED
4/17

DAY 1 - SET SAIL

Morning yoga and intention setting
Breakfast at dock before setting sail
Island hopping
Dinner at anchor under the stars
Quiet time 9pm

THUR
4/18

DAY 2 - EXPLORE THE ISLANDS

Somatic meditation on deck
Breakfast
Snorkeling, Swimming, Exploring
Lunch followed by rest time or optional stand up paddleboarding
Dinner and cocktails
Quiet time 9pm

FRI
4/19

DAY 3 - EXPLORE THE ISLANDS

Morning yoga on the beach
Breakfast
Wellness workshop with Kelly
Lunch followed by rest time or optional stand up paddleboarding
Happy hour and dinner
Quiet time 9pm

SAT
4/20

DAY 4 - CLOSING

Morning meditation and closing circle
Breakfast
Leisurely sail back to marina

1pm return to marina