

Planning Yoga Retreat

Day 1: Saturday - Arrival

Arrival - Check in at the hotel
5 pm: Shuttle to the Supermarket
8 pm : Opening Ceremony (1h)

Day 2: Sunday - Resting Day

8 am: Morning Hatha Yoga
9 am: Breakfast at "Sunset Café"
10 am - 12 pm: Beach Time at "Petite Plage"
Let's share a moment together by the sea

12pm - 4pm : Free Time

4.30 pm : Workshop 2h
"What is energy & Chakras?"

Learn more about how energy works, and how the chakras influence our being
Evening Free



Day 3: Monday - Pinel



8 am : Breakfast at "Sunset Café"
9pm: Departure from the hotel
9.30 to 4pm: All day at Pinel Island
Wild & heavenly island surrounded by turquoise water
(Boat & Long Chairs at the beach included)
10 am: Walk around the island
Meditation session on the rock (20 mins)
11 am - 12pm: Beach Time

12pm: Lunch at Karibuni
1pm - 4pm: Beach Time
4pm : Back to the Hotel

8 - 9pm: Canded restorative Yin Yoga

Day 4: Tuesday - Marigot's Fort

7.30 am: Breakfast at "Sunset Café"
8.30 am: Departure From the Hotel
9 am: Standing Yoga session on the top of the Fort
10 am: Visit Of the Local Market of Marigot
12 pm: Lunch at LoLos (Local & Low cost restaurant)

1.30 pm: Back to the Hotel
1.30 - 5pm: Free Time
5pm: Workshop -1h "Lithotherapy - the magic of stones"
Learn the properties of stones and how to use them
6.30 pm: Sunset Meditation

Evening Free



Day 5 : Wednesday - Lotery Farm



8 am : Breakfast at "Sunset Café"
8.45: Departure from Hotel
9 am: Hiking to Pic Paradis (45 mins)
A steep but worthwill hike

10am - 5pm : All Day at the Lotery Farm
Nice & Fancy place with cascading pools
(Entrance & Cabana included)
11 am: Workshop - 1h "The 5 languages of love"
*Improve your relationships by learning the different
language of love and identifying yours*
5pm: Back at the hotel
Evening Free



Day 6 : Thursday - Maho Beach

8 am - 9 am: Morning Yoga Flow

9 am: Breakfast at "Sunset Café"

10.30 am: Workshop 1h "Breathwork"

*Learn how the control of your breath
can impact your daily life*

1.30 pm: Departure from the hotel

2pm - 4 pm: The Maho Breathtaking Beach

Where Planes land a few meters above you



4 pm: Buccaneer's beach (Dutch Side)

Enjoy a beautiful Sunset

6.30: Dinner at the Buccaner's

8 pm: Back to the Hotel



D.7 : Friday - Resting & Party Day



8 am : Mindfulness Slow Yoga Session

9 am : Breakfast at "Sunset Café"

10.30 am: Workshop 1h "Lucid Dream"

*Learn how to control your dreams
and bring more mindfulness in your life*

12pm - 7pm: Free Afternoon

Enjoy a massage at our spa, Activity at the water sport

Or may be just some resting time around the Pool



7pm - 10pm: Evening at Blue Martini

Let's enjoy a moment together to celebrate
the end of the retreat and share our thoughts

10 pm: Back to the Hotel

Day 6 : Departure

9 am: Breakfast at "Sunset Café"

Cloture Talk

Breakfast - Yoga Retreat

On the table:



- Fresh squeezed Juices:
Orange, Grapefruit

- Jugg: American Coffee,
milk & Tea

- Plain Croissant
Chocolate Croissant

- Grilled Bread Toast
(Gluten Free Option)

- Jam & Butter



To order: (Choose one)

Muffins

- CROC' MORNING: Toasted English Muffin, Egg, Cheddar
- CROC' FARM: Toasted English Muffin, Egg, Bacon, Cheddar

Country Bread Toast

- CHERRY TOAST: Cherry Tomato, Poached Egg, Fêta Cheese, Arugula and Balsamic
- THE GREENY TOAST: Avocado, Smoked Salmon, Cream Cheese, Arugula & Buckwheat Seeds

Bowls

- TROPICAL BOWL: Yogurt, Granola, Honey, Mango, Pineapple, Passion Fruit Coulis
- BANAWI BOWL: Yogurt, Granola, Honey, Banana, Kiwi, Pomegranate Coulis

