

# 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: Candlelit 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 Buccaneer's

8 pm: Back to the Hotel



## D.7 : Friday - Resting & Party Day



8 am : Mindfullness Slow Yoga Session

9 am : Breakfast at "Sunset Café"

10.30 am: Worshop 1h "Lucid Dream"

*Learn how to control your dreams  
and bring more mindfullness 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"

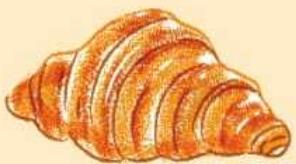
Cloture Talk

# 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

