



The Yoga House and Here Comes Your Sun together bring A Yoga Hopping & Reiki Infused Retreat in Key West

Day 1 - Thursday November 1, 2018	Day 2 – Friday November 2, 2018	Day 3 – Saturday November 3, 2018	Day 4 - Sunday November 4, 2018
<p>Arrive on own/check-in</p> <p>Pick up bicycle rental at Island Safari Rentals 408 Greene Street (305)962-5153</p> <p>Meet at Higgs Beach 5:00 pm Atlantic Ave. & White St. Welcome bag distribution. 5:15 – 6:15 pm Yoga Rhythms with Yoga on the Beach – Don Curran</p> <p>6:30 – 7:30 pm Chakra Balancing with Reiki Master, Karen Cay</p> <p>Dinner on your own.</p> <p>Have fun!</p>	<p>Breakfast Included with Historic Inns Key West</p> <p>Meet at Fort Zachary Taylor State Park at 9:45 am (admission to park included) 601 Howard England Way 10:00- 11:00 am Vinyasa Flow beachside with Yoga on the Beach – Nancy Curran</p> <p>11:15 – 11:45 am Oceanic Reiki Cleansing with Reiki Master, Karen Cay</p> <p>Lunch on your own.</p> <p>3:15 – 4:30 pm Warm Yin with Sound Therapy Bikram Yoga Key West – Lauren Dean 927 White Street Key West</p> <p>6:00 pm Meet near Mallory Square (exact location TBA) Sunset Celebration guided by Karen Cay</p> <p>Dinner on your own.</p>	<p>Breakfast Included with Historic Inns Key West</p> <p>9:00 – 10:00 am Aqua Yoga The Yoga House – Diane Chelsea House Hotel Pool 10:00 – 12:00 pm 15 minute Private Healing session with Karen Cay (schedule time in advance)</p> <p>Lunch on your own.</p> <p>2:00 – 3:15 pm Special Yoga Class TBA Key West Yoga Sanctuary – Gretchen Mills 1130 Duval Street Key West</p> <p>Evening Meet approx. 5:00 pm Sunset Cruise details given later Arrive back to dock approx. 7:00 pm</p> <p>Dinner on your own.</p>	<p>Breakfast Included with Historic Inns Key West</p> <p>Return bike to Island Safari Rentals by 10:00 am</p> <p>Check out Depart for Home</p>

Changes to the itinerary: The Yoga House and/or Here Comes Your Sun,
reserve the right to alter or modify the itinerary and activities before or during the retreat.