



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 your 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 <b>5:00 pm</b> Atlantic Ave. &amp; White St.</p> <p><b>5:15 – 6:15 pm</b> Yoga Rhythms with Yoga on the Beach – Don Curran</p> <p><b>6:30 – 7:30 pm</b> Chakra Balancing with Reiki Master, Karen Cay</p> <p>Dinner on your own. Have fun!</p>	<p><b>Breakfast</b> Included with Historic Inns Key West</p> <p>Meet at Fort Zachary Taylor State Park at <b>9:45 am</b> (admission to park included) 601 Howard England Way</p> <p><b>10:00- 11:00 am</b> Vinyasa Flow beachside with Yoga on the Beach – Nancy Curran</p> <p><b>11:15 – 11:45 am</b> Oceanic Reiki Cleansing with Reiki Master, Karen Cay</p> <p>Lunch on your own.</p> <p><b>3:15 – 4:30 pm</b> Warm Yin with Sound Therapy Bikram Yoga Key West – Lauren Dean 927 White Street Key West</p> <p><b>5:15 – 6:15 pm</b> Pranayama &amp; Meditation Key West Yoga Sanctuary – Gretchen Mills 1130 Duval Street Key West</p> <p>Dinner on your own. Have fun!</p>	<p><b>Breakfast</b> Included with Historic Inns Key West</p> <p><b>9:00 – 10:00 am</b> Aqua Yoga The Yoga House – Diane Chelsea House Inn - Pool 709 Truman Avenue Hotel: 305.296.2211</p> <p><b>10:00 – 12:00 pm</b> 15 minute Private Healing session with Karen Cay (schedule time in advance)</p> <p>Lunch on your own. Enjoy your day!</p> <p>Return bike to Island Safari Rentals by 5:00 pm</p> <p><b>Check in at 5:00 pm at Marina</b> <b>5:30 – 7:30 pm</b> Wine Tasting with hor d’oeuvres Sunset Cruise Danger Charters MARGARITAVILLE MARINA 255 FRONT ST. IN THE WATERFRONT SHOPPES</p> <p>Dinner on your own. Have fun!</p>	<p><b>Breakfast</b> Included with Historic Inns Key West</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.