



The Yoga House Key West Yoga Hopping Weekend

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 at La Concha begins at 3:00pm</p> <p>Pick up bicycle rental at Island Safari Rentals</p> <p>5:15 – 6:15 pm Yoga Rhythms Higgs Beach with Yoga on the Beach – Don Curran Stay for sunset @ 6:35 pm</p> <p>Dinner on your own.</p> <p>Have fun!</p> <p>Hotel: La Concha – Key West 430 Duval Street Key West, FL 33040 (305)295-3202</p>	<p>Breakfast Included</p> <p>10:00- 11:00 am Vinyasa Flow beachside at Fort Zachary Taylor State Park 601 Howard England Way Key West with Yoga on the Beach – Nancy Curran</p> <p>Lounge on beach (admission included) (optional)</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>Dinner on your own.</p> <p>Have fun!</p> <p>Hotel: La Concha – Key West 430 Duval Street Key West, FL 33040 (305)295-3202</p>	<p>Breakfast Included</p> <p>9:00 – 10:00 am Aqua Yoga La Concha roof top pool with The Yoga House – Diane</p> <p>Lunch on your own.</p> <p>2:00 – 3:15 Special Yoga Class TBA Key West Yoga Sanctuary – Gretchen Mills 1130 Duval Street Key West</p> <p>Return bike to Island Safari Rentals at or before 5:00 pm</p> <p>Evening Meet approx. 5:30 pm Sunset Cruise details given later Arrive back to dock approx. 7:30 pm</p> <p>Dinner on your own.</p> <p>Have fun!</p> <p>Hotel: La Concha – Key West 430 Duval Street Key West, FL 33040 (305)295-3202</p>	<p>Breakfast Included</p> <p>Check out of the Hotel by 11:00am Depart for Home</p>

Changes to the itinerary: The Yoga House reserves the right to alter the itinerary, lodging, and activity modifications before or during a trip.