

Carmel Migraine Yoga Retreat

Thursday Feb 19 - Sunday Feb 22nd 2025 - 3 nights - Pricing Starting at \$1,250.00

Thursday February 19 -

- 4:00 PM – Check-In
- 5:00 PM – Welcome Ceremony + Appetizers
- Dinner at Shearwater Tavern (optional): 4:30 PM – 9:00 PM

Friday February 20 -

- 7:00 AM – Morning Yoga
- 1:00 PM – Afternoon Yoga
 - Dinner at Shearwater Tavern (optional): 4:30 PM – 9:00 PM
- 8:30 PM – Cacao Ceremony

Saturday February 21

- 10:00 AM – Morning Yoga
- 1:00 PM – Spa at Refuge
 - Dinner at Shearwater Tavern (optional): 4:30 PM – 9:00 PM
- 7:30 PM - Closing Ceremony

Sunday February 22

- 7:00 AM – Morning Yoga
 - Breakfast at Shearwater Tavern (optional):
- 11:00 AM – Check-Out

All activities are optional and at your own pace.