

Virtual Retreat Schedule

Monday

5:30-6:30pm: Yin to
yin yoga session

Tuesday

7:15-7:30 am: Meditation

7:30- 8:30 am Morning yoga

10-11 am: Workshop: Gut Health Is
Everything

11-12/1230pm: Workshop: Hormone
Havoc

4-5 pm: Workshops Grp 1: Hypnosis
Healing recording

5:30-6:45 pm: Evening yin practice

Wednesday

7:15-7:30am: Meditation

7:30-8:30am: Morning
yoga practice

11- 12:30 am Workshop:
Heal Your Cycle

4-5pm: Workshop: When
Gut Goes Wrong

5:30-6:30 pm : Evening
yin practice

Thursday

7: 15 - 7:30 am: Meditation

7:30-8:30am: Morning yoga
practice

10:30am - 11:30am: Cooking
demonstration

5:30 - 6:45pm: Evening yin yoga

Friday

7:15 - 7:30am : Meditation

7:30 - 8:30 am: Morning yoga practice

10 - 11:30 am : Gut Release & Relief

11:30 am: We've reached the end of our
transformative retreat!

Please note as this is a LIVE event, timings may vary slightly. We will do our best to stick to the scheduled time & provide recordings after the event for you to access anytime, anywhere.

