

St. Croix, USVI YOGA RETREAT: SAMPLE DAILY SCHEDULE

7:30 AM	Self-Guided Meditation by the Pool
8:30 AM	Light Breakfast: fruit, yogurt, granola, tea and coffee
9 AM	Morning Yoga Practice
10 AM	Morning excursion to beach, Cat Colony, Christiansted or Frederiksted, Pt. Udall or Rain Forest
12:30 PM	Lunch
2-4 PM	Island activity or excursion (hike, sightseeing, beach walk or snorkel) or Specialty Workshop (ex. Ecstatic Dance)
4:30 PM	Quiet relaxation time
5:30 PM	Afternoon Yoga Practice
6:30 PM	Dinner
9 PM	Journaling, Group Meditation or Nidra, Free time
10:00 PM	Lights Out

