

CHRISTYBELZ

UPROOT Empowering Women Retreat: Costa Rica Daily Agenda

NOV 2 Sat NOV 3 Sun NOV 4 Mon NOV 5 Tue NOV 6 Wed NOV 7 Thu NOV 8 Fri NOV 9 Sat

Time	NOV 2 Sat	NOV 3 Sun	NOV 4 Mon	NOV 5 Tue	NOV 6 Wed	NOV 7 Thu	NOV 8 Fri	NOV 9 Sat	
6:00 AM		Coffee & Fruits						6:00 AM	
6:30 AM								6:30 AM	
7:00 AM		Yoga (Yoga Deck)	Breakfast	Yoga (Yoga Deck)	Breakfast		Yoga (Yoga Deck)	7:00 AM	
7:30 AM			Sauna / Cold Plunge		Sauna / Cold Plunge			7:30 AM	
8:00 AM				Breakfast				8:00 AM	
8:30 AM		Breakfast				Breakfast		8:30 AM	
9:00 AM		Opening Ceremony & Intentions	Surf or SUP		Hiking & Forest Bathing	UPROOT		9:00 AM	
9:30 AM					Bring closed shoes, a bathing suit, a change of clothes, and a towel.			9:30 AM	
10:00 AM		Breath Workshop (Yoga Deck)		Surf or SUP				10:00 AM	
10:30 AM								10:30 AM	
11:00 AM			Video Analysis				Lunch	Check Out	
11:30 AM								11:30 AM	
12:00 PM		Lunch							
12:30 PM				Video Analysis	UPROOT Intellect	Surf or SUP		12:30 PM	
1:00 PM		UPROOT Curriculum Overview	UPROOT Curriculum Flow & Meeting our Spirit Guide		Optional Tour		Surf or SUP	1:00 PM	
1:30 PM									1:30 PM
2:00 PM						Lunch		2:00 PM	
2:30 PM						Video Analysis		2:30 PM	
3:00 PM	Room Check In Snack	Land Lesson		UPROOT Body Workshop			Video Analysis	3:00 PM	
3:30 PM									3:30 PM
4:00 PM		Surf or SUP	Massage				Mandala Project	4:00 PM	
4:30 PM									4:30 PM
5:00 PM								5:00 PM	
5:30 PM			Sunset Yoga (Yoga Deck)			Artisans Market (min: 10 guests)		5:30 PM	
6:00 PM		Video Analysis						6:00 PM	
6:30 PM	Dinner for early arrivals	Dinner						Dinner	6:30 PM
7:00 PM							Closing Circle	7:00 PM	