

SELVA TERRA RETREAT

Retreat Flow • April 19–24

Everything below is optional — come and go as you please. This is the general rhythm of the retreat rather than a fixed clock; exact timing will flex day to day and be posted each morning. The only elements offered every full day are a yoga class, a one-hour workshop led by Anne, and a group island activity. Beach time is available any time, all day.

Arrival Day

WHEN	WHAT'S HAPPENING
Morning	Meet at David Airport and transfer to resort & check-in <i>Settle into your casita</i>
Afternoon	Get settled and beach time on your own
Evening	Welcome Happy Hour
Evening	Welcome Dinner

A Typical Retreat Day

Each full day follows this general shape. The group island activity rotates day to day and may depend on weather — think mangrove kayaking, island hopping, surfing lessons, pottery, a farm hike, a cooking class, or paddleboarding — and Anne's workshop theme changes daily too.

WHEN	WHAT'S HAPPENING
Morning	Sunrise Yoga ★ <i>daily</i> <i>Optional</i>
Morning	Breakfast
Morning	Workshop with Anne ★ <i>daily</i> <i>“Coming Back to Your Senses” — optional, one hour</i>
Midday	Beach time on your own
Midday	Lunch
Afternoon	Group Island Activity ★ <i>daily</i> <i>Rotates daily — optional</i>
Evening	Beach Happy Hour
Evening	Dinner
Evening	On your own

SATURDAY, APRIL 24

Departure Day

WHEN	WHAT'S HAPPENING
Morning	Farewell Breakfast
Late Morning	Checkout & Departure

Every Full Day, Guaranteed

★ One yoga class • One hour-long workshop with Anne • One group island activity • Beach time, always available