



## HHY SUMMER 2016 RETREAT PURA VIDA SPA & YOGA RETREAT

Hosted by Kyung Yi-O' Kelly

August 6-12, 2016



	Sat, Aug-6	Sun, Aug-7	Mon, Aug-8	Tue, Aug-9	Wed, Aug-10	Thu, Aug-11	Fri, Aug-12
6:00 AM							
6:30 AM							
<b>7:00 AM</b>							
7:30 AM		Morning Practice	Morning Practice	Morning Practice	<b>Full-day Excursion:</b>     Hot Springs, Departs at 7:30am	Morning Practice	Morning Practice
8:00 AM							
8:30 AM							
<b>8:45 AM</b>							
9:00 AM							
9:15 AM	WELCOME TO PURA VIDA !  	Orientation Meeting	 <b>Waterfall Gardens</b> 1/2 Day Excursion Meet at Fountain at 8:45am	 <b>Canopy Tour</b> 1/2 Day Excursion Meet at Fountain at 8:45am	Coffe Walk Meet at the fountain           Hot Springs, Departs at 7:30am	HYHM Session-7 (Closing)	SAFE TRAVELS !           
9:30 AM		HYHM Session-2					
9:45 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
<b>2:30 PM</b>							
3:00 PM							
3:30 PM							
4:00 PM							
<b>4:30 PM</b>							
5:00 PM	HYHM Session-1 (Opening)		HYHM Session-3	HYHM Session-4		HYHM Session-6	
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
<b>8:00 PM</b>							
8:30 PM	Evening Practice	Evening Practice	Evening Practice	Evening Practice	HYHM Session-5	Evening Practice	
9:00 PM							
9:30 PM							
10:00 PM							
<b>OPTIONAL ACTIVITY ADDITIONAL COST</b>					Meals Served Daily		
					Breakfast: 7:30-9:00am		
					Lunch: 12:30-2:30pm		
					Dinner: 6:30-8:00pm		