

** SAMPLE SCHEDULE **

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	12/29	12/30	12/31	1/1	1/2	1/3	1/4
6am							Breakfast before the airport shuttle
6:30		Fruit & Coffee	Fruit & Coffee	Fruit & Coffee	Fruit & Coffee	Fruit & Coffee	
7am							
7:30		Yoga 7:15-8:15	Yoga 7:15-8:15	Guided Meditation 7:45-8:15	Yoga 7:15-8:15	Yoga 7:15-8:15	
8am							
8:30		Breakfast 8:30	Breakfast 8:30	Breakfast 8:30	Breakfast 8:30	Breakfast 8:30	
9am							Shuttle to SJO Airport (Approx time)
9:30							
10am							
10:30		FREE TIME	FREE TIME	Surfing		FREE TIME	
11am							
11:30							
noon							
12:30							
1pm		Lunch 1pm	Lunch 1pm	Lunch 1pm	Monkey Mangrove Boat Tour & Rainmaker Hike - traditional Lunch at Rainmaker	Lunch 1pm	
1:30							
2pm							
2:30	Depart from SJO Airport (Approx 2pm)	Zipline (not included) or FREE TIME	FREE TIME	FREE TIME		FREE TIME	
3pm							
3:30	Travel to Vida Asana (about 90mins from airport) and stop at the Crocodile Bridge						
4pm							
4:30							
5pm	Arrive to Vida Asana - Welcome Snack & Settle	Yoga 4:30-5:45	Last SUNSET 2019 @ beach	Yoga 4:30-5:45	Yoga 4:30-5:45	SUNSET @ the beach	
5:30							
6pm							
6:30	Dinner 6:30	Dinner 6:30	Yoga 6-7:15	Dinner 6:30	Dinner 6:30	Dinner 6:30	
7pm							
7:30							
8pm							
8:30	Welcome Circle & yoga	Cacao Ceremony 7:15pm	NYE Sangria Night, Live Music, and Dinner Buffet, with beach Fire Works at midnight			Closing Yoga 7:15-8:15	

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