



THE GIVING ROOM SPRING RENEWAL RETREAT

Sample Itinerary

DAY 1	Activity	Location
7am – 7:45 am	Morning Meditation & Beach Walk	North Fork Beach
8am - 9am	Breakfast Smoothie Workshop	Juice Bar
9am – 11:30am	Yoga Foundations Yoga Wisdom – Eight Fold Path Meditation Pranayama Asana	Yoga Studio
Noon – 1pm	Lunch Juicing Workshop All about Green	Juice Bar
1:30 – 3:30pm	Nature Walk	Exploring Orient Point
4 – 4:30pm	Afternoon Intention Setting Meditation	Yoga Studio
4:30 – 5:30pm	Free Time	
5:30 – 6:30 pm	Evening Smoothie Workshop	Juice Bar

DAY 2	ACTIVITY	Location
7am – 7:45 am	Morning Meditation & Beach Walk	North Fork Beach
8am – 9:30 am	NUTRITION JUMP START with Daina Vegan Lifestyle Basics Food as Medicine Intermittent Fasting Balanced Diets	Juice Bar
9:30am – 11:30am	Yoga and Breath Work Basics Pranayama Vagal Toning Science of Meditation and Breath Asana	Yoga Studio
Noon – 1pm	Lunch Juice & Crystals Workshop The Magic of Crystals	Juice Bar
1:30 – 4:30pm	Nature Walk	Feeding the Birds
5 – 5:30pm	Meditation and Journaling	Yoga Studio
5:30 – 6:30pm	Free Time	
6:30pm	Vegan Dinner & Sunset Viewing	Private Home & Private Chef

DAY 3		
7am – 7:45 am	Morning Meditation & Beach Walk	North Fork Beach
8am - 9am	Juicing Workshop Medicinal Elements: spices, herbs, CBD, tinctures and more...	Juice Bar
9am – 11:30am	Yoga Intensive Improving your Vinyasa Flow Balance & Strength Restorative Pranayama Chanting	Yoga Studio
Noon – 1pm	Juicing Lunch & Workshop The Power and Joy of Essential Oils	Juice Bar
1:30 – 3:30pm	Nature Walk	Local Farms & Vineyards
4 – 4:30pm	Afternoon Intention Setting Meditation	Yoga Studio
4:30 – 5:30pm	Free Time	
5:30 – 6:30 pm	Vegan Dinner & Chat with the Chefs	North Fork Table & Inn