

## Flow into Fall at Cedar Cove: Yoga Retreat on Lake Sinclair

### Planned Itinerary (*All Activities Optional – this is YOUR retreat!*)

<b>Thursday</b>	6:30pm	Arrival at Cedar Cove & Introductions
	7:30pm	Intro to Yoga & Candlelight Meditation
	8:30pm	Dinner
	9:30pm	Tea or Drinks by the Fire
<b>Friday</b>	7:15am	Coffee/Tea & Morning Snack
	7:45am	Sunrise Yoga
	9:00am	Breakfast
	10:00am	Morning Boat Ride
	12:15pm	Light Lunch
	2:00pm	Aerial Yoga (Harmony Hot Yoga)
	3:45pm	Free Time (1 massage)
	5:00pm	Holy Yogalates
	6:15pm	Free Time (1 massage)
8:30pm	Dinner & Drinks Out	
<b>Saturday</b>	7:15am	Coffee/Tea & Morning Snack
	7:45am	Sunrise Meditation
	8:15am	Breakfast
	9:15am	Free Time (1 massage)
	11:00am	Inferno Pilates (Harmony Hot Yoga)
	1:00pm	Lunch
	2:30pm	Free Time (2 massages)
	5:00pm	Restorative Yoga
	6:15pm	Sunset Champagne Cruise
	8:00pm	Dinner
9:30pm	Tea or Drinks by the Fire	
<b>Sunday</b>	7:15am	Coffee/Tea & Morning Snack
	8:00am	Morning Yoga (depart at 9:15)
	9:45am	Sunday Brunch & Shopping (Milledgeville)
	12:15pm	Free Time (2 massages)
	2:30pm	Farewell Meditation
	3:30pm	Guest Departure

### Package Pricing

<b><i>Sleeping Accommodation</i></b>	<b><i>Single Occupancy</i></b>	<b><i>Double Occupancy</i></b>
Master Suite with Bath	\$600	\$550 per person (shared King)
Roommate Suite	\$525 for Queen, \$450 for Twin	\$475 per person (shared Queen)
King Suite	\$560	\$515 per person (shared King)