



(Angela Farmer and her husband Victor van Kooten)

RETURN TO GRACE IN GREECE
June 2018 Yoga Retreat Schedule

Sunday June 3rd, 2018

Orientation 8pm

Monday June 4th, 2018

6:30 am Sunrise Self Care Class- 11 tips to a healthier you Cheri Rae

7am-9am Continental Breakfast

10am – 12 noon Yoga Awakening: w/Mark

Lunch at Hotel on our own

3pm Beach Walk

8:00 pm Gourmet Raw Food Vegan Dinner

Tuesday June 5th, 2018

7am-9am

Continental Breakfast

9:30 am – Meet at Front of Hotel to Walk to Angela and Victor's **PLEASE BE PROMPT!**

10:00- 1:00pm Angela Farmer and Victor Van Kooton Yoga-

Lunch at Greek Restaurant on our own

8:00 pm Gourmet Raw Food Vegan Dinner

Wednesday June 6th, 2018

7am-9am
Continental Breakfast

9:30 am – Meet at Front of Hotel to Walk to Angela and Victors **PLEASE BE PROMPT!**

10:00- 1:00pm Angela Farmer and Victor Van Kooton Yoga-

Lunch at Greek Restaurant on our own

5:00pm Farmers- See where our food comes from at the farm

6:30 pm- 7:45 pm Evening Meditation with Mark

8:00 pm Gourmet Raw Food Vegan Dinner

Thursday June 7th, 2018

7am-9am
Continental Breakfast

10:00- 12:00 Vocal Yoga Terra Gold

1:00 Leave Hotel at 1pm for Beach
Gourmet Raw Food Vegan Dinner Picnic

Bedtime Yoga 6:30- 8:00 pm Co-Taught Cheri Rae and Mark

Dinner on your own at hotel or in the village

Friday June 8th, 2018

6:30am -8:30am Sunrise Yoga with Cheri

7am-9am
Continental Breakfast

12 Noon Meet to go to Castle

Lunch in Town on our own

6:30 pm- 7:45 pm Evening Meditation with Terra

8:00 pm Gourmet Raw Food Vegan Dinner

Saturday June 9th, 2018

6:30am -8:30am Sunrise Yoga with Mark

7am-9am
Continental Breakfast

10:00 - Morning Swim on your own

12:00 noon Gourmet Raw Food Lunch

3pm Guided Hiking Tour

6pm Dinner in village on our own overlooking Petra

Sunday June 10th, 2018

7am-9am
Continental Breakfast

10:00am Hot springs

Lunch on Your own

Afternoon Swim on Your Own

6:30 pm -8:00 pm Evening Yoga

8:00 pm Gourmet Raw Food Vegan Dinner

Monday June 11th, 2018

6:30am -8:30am Sunrise Yoga with Cheri

7am-9am
Continental Breakfast

Local Merchants

6:30 pm-7:45pm Evening Meditation with Terra Gold

8:00 pm Gourmet Raw Food Vegan Dinner



Tuesday June 12th, 2018

7am-9am
Continental Breakfast

10:00am- 12:00am Mark Whitwell

Lunch on Your Own
Afternoon TBA special event

6:00 pm – 8:00 pm Mark Whitwell

8:00 pm Gourmet Raw Food Vegan Dinner

Wednesday June 13th, 2018

7am-9am
Continental Breakfast

10:00am- 12:00am Mark Whitwell

Lunch on Your Own

Hot Springs or Explore the Village on your own

6:00 pm – 8:00 pm Mark Whitwell

8:00 pm Gourmet Raw Food Vegan Dinner

The End Brings New Beginnings!

