



SALTY PELICAN YOGA & ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 AM	NO YOGA SCHEDULED	MORNING YOGA & MEDITATION	MORNING YOGA & MEDITATION	MORNING YOGA & MEDITATION	MORNING YOGA & MEDITATION	MORNING YOGA & MEDITATION	MORNING YOGA & MEDITATION
09:00 AM	BREAKFAST BUFFET	BREAKFAST BUFFET	BREAKFAST BUFFET	BREAKFAST BUFFET	BREAKFAST BUFFET	BREAKFAST BUFFET	BREAKFAST BUFFET
10:30 AM	SURF OR SUP LESSON	SURF OR SUP LESSON	SURF OR SUP LESSON	SURF OR SUP LESSON	SURF OR SUP LESSON	SURF OR SUP LESSON	SURF OR SUP LESSON
14:00 PM	GUIDED MEDITATION HIKE			GUIDED MEDITATION HIKE			
17:00 PM	NO YOGA SCHEDULED	YIN YOGA & MEDITATION	YIN YOGA & MEDITATION	NO YOGA SCHEDULED	YIN YOGA & MEDITATION	YIN YOGA & MEDITATION	YIN YOGA & MEDITATION
19:00 PM	GROUP DINNER TAPAS NIGHT		GROUP DINNER BBQ	PIZZA & WINE NIGHT	GROUP DINNER TAPAS NIGHT	PIZZA & WINE NIGHT	GROUP DINNER BBQ

■ HATHA FLOW

■ GUIDED HIKE

■ YIN YOGA

■ BREAKFAST & DINNER

* Sample times only: Please check times daily, as times change slightly over the seasons