



Puerto Rico Retreat & Training

Schedule & Itinerary

Arrival: May 11, 2024 – Arrival (check-in 4pm)

Departure: May 18, 2024 – Departure (check-out 11am)

Location: Rincon, Puerto Rico

Daily Schedule

6:30am – Meditation

7:00am – Morning Kundalini Yoga Practice

8:30am – Breakfast

10:00am – Lecture; Relative Topics

12:00pm – Lunch

1:00pm – Lecture; Relative Topics

3:00pm – Free Time for Activities

5:30pm – Evening Kundalini Yoga Practice

7:00pm – Dinner

8:30pm – Evening Gathering & Discussion

Please note: Daily Schedule may be subject to alterations. Variables may include whether you are attending the retreat for the training, or to enjoy what this tropical island has to offer.