



## Primal Pleasure/ Paya Bay, Roatan

### Sun/March 2nd

4:00p	5:00p	Welcome/ Intros
5:00	6:00p	Appetizers/ meet Michelle
6p		Dinner
7:30	9p	Opening Ceremony

### Mon/ March 3rd

7a	7:30a	Optional Morning Yoga
7:30a	9a	Breakfast
9a	11a	Morning Session
11a	1:30p	Lunch
1:30p	3:30p	Afternoon Session
3:30p	5p	Afternoon Break
6p		Dinner
7:30p	9p	Evening Ceremony

### Tues/ March 4th

7a	7:30a	Optional Morning Yoga
7:30a	9a	Breakfast
9a	11a	Morning Session
11a	1:30p	Lunch
1:30p	3:30p	Afternoon Session
3:30p	5p	Afternoon Break
6p		Dinner
7:30p	9:30p	Evening Ceremony

### Wed/ March 5th

7a	7:30a	Optional Morning Yoga
Free Day – Adventure, R&R, Etc..		

### Thurs/ March 6th

7a	7:30a	Optional Morning Yoga
7:30a	9a	Breakfast
9a	11a	Morning Session
11a	1:30p	Lunch
1:30p	3:30p	Afternoon Session
5:30	9:15p	Dinner and Paya Bay Garfuna Celebration with beach fire dance. The exact start time will be shared with us closer to event since the Garfuna dinner is open to other guests at the resort.



Fri/March 7th

7a	7:30a	Optional Morning Yoga
7:30a	9a	Breakfast
9a	11a	Morning Session
11a	1:30p	Lunch
1:30p	3:30p	Afternoon Session
3:30p		Afternoon Break
5:30pm		Dinner
7:30-9:30		Closing Ceremony

Fri/ Feb 8th

7:00a – 7:15a		Optional short yoga before flying home
7:15a	7:50a	Closing Good-byes and gratitude