



# SALTY PELICAN YOGA & ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 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 LESSON	SURF LESSON	SURF LESSON	SURF LESSON	SURF LESSON	SURF LESSON	SURF LESSON
14:00 PM	GUIDED MEDITATION HIKE	SURF LESSON	SURF LESSON	GUIDED MEDITATION HIKE	SURF LESSON	SURF LESSON	SURF LESSON
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