



Mūva
DYNAMIC MOVEMENT EDUCATION.

Retreat Itinerary

Times may shift a bit as we get closer to the retreat date

Friday – Arrive and settle into your cabins.

Welcome appies and introductions

Saturday – 7am Yoga and meditation practice

Breakfast in your cabins

9am – 3pm Spinal Health course with Lunch break

Free time

630pm- Dinner

830pm – Yoga Nidra practice

Sunday - 7am Yoga and meditation practice

Breakfast in your cabins

9am – 3pm Hip Health course with Lunch break

Free time

630pm- Dinner

830pm – Yoga Nidra practice

Monday – Breakfast in your cabins

8am - Group Hike and Team building exercise

Check out and Farwells

