



SPRING EQUINOX YOGA RETREAT: ITINERARY

The below itinerary is an approximate overview of the activities incorporated into this break. The order may change based on tides, weather and participant requirements, so specific timings for each activity will be confirmed on arrival.

THURSDAY 18TH MARCH

Arrival

Gem would like to take this opportunity to welcome you, we will connect with each other and practice a few soothing shapes to unwind after your journey, integrated with a short meditation to arrive and centre.

Group Dinner at the Ruin Beach Cafe

FRIDAY 19TH MARCH

Morning boat trip to Bryher, mindfulness walk and slow flow vinyasa yoga session at Hell Bay

Lunch at Hell Bay Hotel

Free time in the afternoon

SATURDAY 20TH MARCH - SPRING EQUINOX

Sun salutations at sunrise, facing east, followed by a guided meditation.

Sun salutations at sunset, facing west, followed by a guided meditation.

Sessions open to non-participants and locals.

SUNDAY 21ST MARCH

11am Yin Yoga (Stillness practice incorporating the principles of Traditional Chinese Medicine)

4pm Restorative Yoga (Supported poses for profound rejuvenation and relaxation)

MONDAY 22ND MARCH

Departure