



# KABA KAMP

## retreat for adults

### Day 1

4-6pm : Arrival

7pm : Dinner

9pm : Orientation

### Day 2

8am : yoga stretch

9am : breakfast

11am : hike the park

1pm : lunch

2-3pm : Free time

3pm : yoga

5pm : Special guest

6pm : Dinner

8pm : Bon fire meditation

### Day 3

8am : yoga

9am : breakfast

11am : local tour