



KABA KAMP

retreat for adults

Day 1

3pm : arrival

7pm : dinner

9pm : orientation
+ bonfire

Day 2

8am : morning flow yoga

9:30am : breakfast

11am : hike the park

1pm : lunch

2pm : free time

4:30pm : special guest

6:30pm : dinner

8pm : restorative yoga

9:30pm : bonfire

Day 3

8am : morning flow yoga

9:30am : breakfast

11am : coaching session

1pm : lunch

2pm : local tour

6:30pm : dinner

8pm : restorative yoga

Day 4

8am : yoga

9:30am : breakfast

11am : hike the park

1pm : lunch

2pm : farm tour

6:30pm : dinner

8pm : bonfire meditation

Day 5

8am : morning flow yoga

11 am : brunch

1pm : check out