



## Galápagos Yoga Retreat Participant Schedule

<b>Day 1</b> Saturday, April 11th	5:30 AM - Breakfast at <b>Holiday Inn Quito Airport Hotel</b> 6:00 AM - Shuttle to Quito Airport 9:20 AM - Flight departs from Quito, Ecuador 11:49 AM - Flight arrives in San Cristóbal Island, Galápagos 1:00 PM - Shuttle to <b>Casa Playa Mann Hotel</b> 1:30 PM - Welcome lunch at <b>Pier Restaurant</b> ~ Free time ~ 4:00 PM - Welcome circle and evening yoga 6:30 PM - Welcome dinner at <b>Pahoe</b>
<b>Day 2</b> Sunday, April 12th	7:00 AM - Morning yoga 8:00 AM - Breakfast at <b>Casa Playa Mann Hotel</b> 9:00 AM - Walk to the Galápagos Interpretation Center 12:00 PM - Lunch at <b>Inti Garden</b> and coffee tasting with <b>Ranti</b> 2:00 PM - Short walk to see downtown Puerto Baquerizo Moreno 3:00 PM - Walk to <b>Aquaventures</b> to try on snorkel equipment for tomorrow's excursion 4:00 PM - Evening yoga 6:00 PM - Dinner at <b>Pier Restaurant</b>
<b>Day 3</b> Monday, April 13th	7:00 AM - Breakfast at <b>Casa Playa Mann Hotel</b> 7:30 AM - Leave Casa Playa Mann and walk to <b>Aquaventures</b> 8:00 AM - Start of the highlands excursion with Aquaventures <ul style="list-style-type: none"><li>- Explore El Junco Lagoon</li><li>- Visit La Galapaguera Tortoise Preserve</li><li>- Relax and snorkel at Puerto Chino Beach</li><li>- Lunch provided by <b>Aquaventures</b></li></ul> 1:30 PM - End of the highlands excursion with Aquaventures ~ Free time ~ 4:00 PM - Evening yoga 6:00 PM - Dinner at <b>Pier Restaurant</b>
<b>Day 4</b> Tuesday, April 14th	7:00 AM - Morning yoga 8:00 AM - Breakfast at <b>Casa Playa Mann Hotel</b> 9:00 AM - Walk to Tijeretas Cove for snorkeling ~ Free time ~ 11:30 AM - Walk back to town for lunch 12:30 PM - Lunch at the <b>Playa Mann Beach Food Court</b>

	<p>~ Free time ~          4:00 PM - Evening yoga          6:00 PM - Dinner at <b>Pier Restaurant</b></p>
<p><b>Day 5</b>          Wednesday,          April 15th</p>	<p>7:00 AM - Morning yoga          8:00 AM - Breakfast at <b>Casa Playa Mann Hotel</b>          9:00 AM - Taxis to La Lobería beach          ~ Free time ~          11:30 PM - Walk back from La Lobería beach to meet the taxis          12:30 PM - Lunch at <b>El Descanso Marinero</b>          ~ Free time ~          3:00 PM - Walk to <b>Valencia</b> from Casa Playa Mann Hotel to try on snorkel equipment for tomorrow's excursion          4:00 PM - Evening yoga          6:00 PM - Dinner at <b>Pier Restaurant</b></p>
<p><b>Day 6</b>          Thursday,          April 16th</p>	<p>5:45 AM - Leave Casa Playa Mann and walk to <b>Valencia</b>          6:00 AM - Start of the Española Island excursion with Valencia</p> <ul style="list-style-type: none"> <li>- Boat ride to Española Island (2.5 hours)</li> <li>- Hike with naturalist guide around Española Island</li> <li>- Snorkel at Gardner Bay</li> <li>- Breakfast and Lunch provided by <b>Valencia</b></li> </ul> <p>5:45 PM - End of the Española Island excursion with Valencia          6:00 PM - Dinner at <b>Pier Restaurant</b></p>
<p><b>Day 7</b>          Friday,          April 17th</p>	<p>7:00 AM - Morning yoga          8:00 AM - Breakfast at <b>Casa Playa Mann Hotel</b>          9:00 AM - Walk to Punta Carola beach          ~ Free time ~          12:30 PM - Lunch at the <b>Midori Sushi</b>          ~ Free time ~          4:00 PM - Evening yoga and closing circle          6:00 PM - Dinner at <b>Pahoe</b></p>
<p><b>Day 8</b>          Saturday,          April 18th</p>	<p>7:00 AM - Morning meditation          8:00 AM - Breakfast at <b>Casa Playa Mann Hotel</b>          9:00 AM - Shuttle to San Cristóbal Airport          12:34 PM - Flight departs from San Cristóbal Island, Galápagos          5:17 PM - Flight arrives in Quito, Ecuador</p>