



Galápagos Yoga Retreat Participant Schedule

Day 1 Saturday, April 11th	5:30 - 10:30 AM - Breakfast hours at Holiday Inn 10:00 AM - Meet in the lobby for welcome circle 11:00 AM - Group lunch at Holiday Inn 12:30 PM - <i>Optional Quito Excursion</i> : Shuttle to TeleferiQo 2:00 PM - Take the TeleferiQo Cable Car up to the Andes ~ Free time exploring ~ 4:00 PM - Take the TeleferiQo Cable Car down from the Andes 4:30 PM - Shuttle back to Holiday Inn 6:00 PM - Retreat group welcome dinner at Holiday Inn
Day 2 Sunday, April 12th	4:50 AM - Meet in Holiday Inn lobby for the airport shuttle 5:00 AM - Holiday Inn shuttle departs to Quito Airport 8:00 AM - Depart Quito Int'l Airport (Avianca flight AV 1630) 10:35 AM - Arrive at San Cristóbal Airport 11:30 AM - Airport shuttle to Casa Playa Mann Hotel 12:30 PM - Lunch at Inti Garden and coffee tasting with Ranti 2:00 PM - Short walk to downtown Puerto Baquerizo Moreno 3:00 PM - Go to Aquaventures to try on snorkel equipment 4:00 PM - Evening yoga with Marla 6:00 PM - Dinner at Pier Restaurant
Day 3 Monday, April 13th	7:00 AM - Breakfast at Casa Playa Mann Hotel 7:30 AM - Leave Casa Playa Mann and walk to Aquaventures 8:00 AM - Start of the highlands excursion with Aquaventures <ul style="list-style-type: none">- Explore El Junco Lagoon- Visit La Galapaguera Tortoise Preserve- Relax and snorkel at Puerto Chino Beach- Lunch provided by Aquaventures 1:30 PM - End of the highlands excursion with Aquaventures ~ Free time ~ 4:00 PM - Evening yoga with Marla 6:00 PM - Dinner at Pier Restaurant
Day 4 Tuesday, April 14th	7:00 AM - Morning yoga with Marla 8:00 AM - Breakfast at Casa Playa Mann Hotel 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 Playa Mann Beach Food Court ~ Free time ~ (Playa Mann beach meditation with Angela)



	4:00 PM - Evening yoga with Marla 6:00 PM - Dinner at Pier Restaurant
Day 5 Wednesday, April 15th	7:00 AM - Morning yoga with Marla 8:00 AM - Breakfast at Casa Playa Mann Hotel 9:00 AM - Taxis to La Lobería beach ~ Free time ~ (Lobería beach meditation with Angela) 11:30 AM - Walk back from La Lobería beach to meet the taxis 12:30 PM - Lunch at El Descanso Marinero ~ Free time ~ 3:00 PM - Go to Valencia from Casa Playa Mann Hotel to try on snorkel equipment for tomorrow's excursion 4:00 PM - Evening Yoga with Marla 6:00 PM - Dinner at Pier Restaurant
Day 6 Thursday, April 16th	6:30 AM - Breakfast at Casa Playa Mann Hotel 7:00 AM - Leave Casa Playa Mann and walk to Valencia 7:30 AM - Start of the Española Island excursion with Valencia <ul style="list-style-type: none">- Boat ride to Española Island (2.5 hours)- Hike with naturalist guide around Española Island- Snorkel at Gardner Bay- Lunch provided by Valencia 5:45 PM - End of the Española Island excursion with Valencia 6:00 PM - Dinner at Pier Restaurant
Day 7 Friday, April 17th	7:00 AM - Morning yoga 8:00 AM - Breakfast at Casa Playa Mann Hotel 9:00 AM - Walk to the children's library to drop off the books 10:00 AM - Go to the Galápagos Interpretation Center 11:00 AM - Walk to Punta Carola beach ~ Free time ~ (Punta Carola beach meditation with Angela) 12:30 PM - Lunch at the Midori Sushi ~ Free time ~ 4:00 PM - Evening Yoga and Closing Circle with Marla 6:00 PM - Dinner at Pahoe
Day 8 Saturday, April 18th	7:00 AM - Morning meditation with Marla 8:00 AM - Breakfast at Casa Playa Mann Hotel 9:00 AM - Shuttle to San Cristóbal Airport 12:40 PM - Depart San Cristóbal Airport (Avianca flight AV 1631) 5:15 PM - Flight arrives in Quito, Ecuador