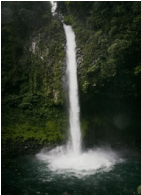
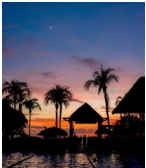


PURA VIDA WELLNESS RETREAT

DAILY
SCHEDULE

Pura Vida
Retreat & Spa

March 28 -
April 4, 2026

TIME	March 28, 2026 SATURDAY	March 29, 2026 SUNDAY	March 30, 2026 MONDAY	March 31, 2026 TUESDAY	April 1, 2026 WEDNESDAY	April 2, 2026 THURSDAY	April 3, 2026 FRIDAY	April 4, 2026 SATURDAY
6:00 AM	  Welcome to Pura Vida Resort & Spa	Bikram 90 min HOT	Bikram 90 min HOT	Yin 90 min COOL	Bikram 90 min HOT	Tunes 90 min HOT	Bikram 90 min HOT	26/2 Tunes 75 min
6:30 AM		Orientation Meeting Ananda Hall					Intermediate W/S 120 min	SAFE TRAVELS! 
7:00 AM			Waterfall Gardens 1/2 day excursion Departs @ 8:45 AM	The Green Ark Botanical Gardens 1/2 day excursion Departs @ 8:45 AM	1. SkyWalk & Wildlife Boat Departs @ 7:30 AM	Zip Line Tour 1/2 day excursion Meet at Fountain @ 8:45 AM		
7:30 AM					2. Hot Springs Departs @ 7:30 AM			
8:00 AM					3. White Water Rafting Departs @ 5:00 AM			
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM		Tunes Workshop 120 min HOT	Standing Series 60 min COOL	26/2 Tunes 90 min HOT	Yin / Floor Series 120 min	Chanting Meditation & Breathwork 120 min COOL	TBD	
12:30 PM			Yin 60 min COOL					
1:00 PM	Yin & Mindfulness 90 min COOL							
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								

OPTIONAL ACTIVITIES AT
AN ADDITIONAL COST

ALL SESSIONS
IN LILA HALL

3 MEALS
SERVED DAILY

Breakfast
7:30-9:00 AM

Lunch
12:30-2:30 PM

Dinner
6:30-8:00 PM