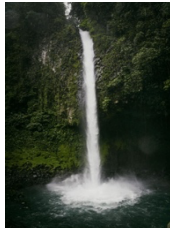
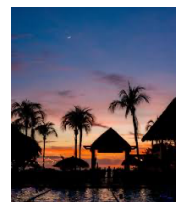


PURA VIDA WELLNESS RETREAT

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			
6:00 AM		Bikram 90 min HOT	Bikram 90 min HOT	Yin 90 min COOL	Bikram 90 min HOT	26/2 Tunes 75 min			
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM		Orientation Meeting Ananda Hall	 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 2. Hot Springs Departs @ 7:30 AM 3. White Water Rafting Departs @ 5:00 AM				
9:00 AM									
9:30 AM									
10:00 AM									
10:30 AM									
11:00 AM	Welcome to Pura Vida Resort & Spa				SAFE TRAVELS! 				
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM									
1:30 PM	Yin & Mindfulness 90 min COOL	Tunes Workshop 120 min HOT	Standing Series 60 min COOL Yin 60 min COOL	26/2 Tunes 90 min HOT		Yin / Floor Series 120 min			
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			