

Hamptons Yoga Retreat Itinerary

Tuesday, June 24 – Friday, June 27

The Grace House

Tuesday, June 24th (for those who can get out of work early)

- 3:30pm Board Jitney to MTK
- 7:20pm Arrive at house
- 7:30-8:30pm Welcome drinks & appetizers on the beach
- 8:30-9:30pm BBQ dinner and Bonfire on the beach at the house

Wednesday, June 25th

- 8:00-9:00am Light breakfast
- 9:00-11:00am Yoga & meditation on the beach
- 11:30-2:00pm Bike to nature reserve, take a short hike, and have a picnic lunch
- 2:00-5:30pm Free time! Bike, swim, nap, get massage, shop in town, take a walk, go horseback riding, play tennis, etc.
- 6:00-7:00pm Cocktails on the beach at the house
- 7:00-9:00pm Family style dinner at Harvest Restaurant
- 9:00-10:00pm Stargazing, hot tubbing, bonfire on the beach

Thursday, June 26th

- 8:00-9:00am Light breakfast
- 9:00-11:00am Yoga & meditation
- 11:00-1:00pm Free time
- 1:00-2:00pm Lunch at the house
- 2:00-3:00pm Bike ride to town & shopping excursion to farmers market
- 4:30-6:00pm Cooking & cocktail making class followed by dinner
- 7:00-9:00pm Dinner at the house
- 9:00-10:00pm Stargazing, hot tubbing, bonfire on the beach

Friday, June 27th

- 8:00am Light breakfast/snack
- 9:00-10:00am Yoga & meditation
- 10:00-12:00pm Champagne brunch at the house
- 12:30pm Departures