



MINDFUL MAMA

YOGA & AYURVEDA

Hidden Villa Family Yoga Retreat Agenda

The Harmonious Home and the Wisdom of Balance

w/Grace Kendrick & Angie Hamstead

March 22 – 24, 2019

3/22 – Friday

4 – 5:30 pm	Arrive
5:30 - 6 pm	Welcome Circle
6-7 pm	Dinner
7:15 -8:30 pm	Family Activity & Inspiration (Art, Movement, Nature)

3/23 – Saturday

8 - 9 am	Breakfast
9:30 - 10:30 am	Parents Yoga w/Grace Kids Art & Nature w/Angie
11 am - 12 pm	Kids Yoga on the Farm w/Grace Parents Mindfulness & Communication w/Angie
12:15- 1 pm	Lunch
1-3 pm	Free time on the Farm
3:30 – 5 pm	Family Nature, Art & Movement Activity
5:30 – 6:30 pm	Dinner
7 – 8:30 pm	Family Presentations/Games/Circle

3/24 – Sunday

8:00 am – 9:00 am	Breakfast
9:00 am – 10:00	Family Yoga in the Garden (weather permitting)
10 - 10:30 am	Closing Circle
10:30 - 11:30 am	Pack, Cabin Clean-up, Depart