

Daily Activities at The Retreat

Monday, November 3rd

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Hula Hoop

Join us for a playful workout that builds strength, balance, and joy.

📍 Santosha Gym

10:15 AM: Aquatic Aerobics

Refresh your body and spirit with an invigorating workout in the water.

📍 Santosha Pool

3:00 PM: Stretch and Mobility

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Tuesday, November 4th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

10:00 AM: Flow in Water

Join us in the pool for a mindful water experience of movement and meditation.

📍 Santosha Pool

11:00 AM: Class of Infusions

Learn to craft healing herbal infusions that nurture body and mind.

📍 Sol Terrace Bar

3:00 PM: Functional Training

Join us for a full-body workout that builds energy, strength, and endurance.

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Wednesday, November 5

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

10:15 AM: Aquatic Aerobics

Refresh your body with low-impact water movement that builds vitality.

📍 Santosha Pool

11:00 AM: Meditation & Sound Healing

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

3:00 PM: Stretch and Mobility

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

5:30 PM: Cacao Ceremony & Gratitude Journaling

Thursday, November 6

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

10:00 AM: Guided Quartz Mountain Hike

Connect with nature's power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

11:00 AM: Class of Infusions

Discover herbal infusions that support wellness and harmony.

📍 Sol Terrace Bar

1-6 PM 15% Off at Galana Boutique

2:30 PM: Conscious Stretch & Mobility Session

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Friday, November 7

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

Connect with nature’s power and find clarity on the sacred quartz trail.

 Meet at the Front Desk

3:00 PM: Class of Infusions

Learn to craft healing herbal infusions that nurture body and mind.

 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Join us to release tension and restore balance through mindful, fluid movement.

 Santosha Gym

Saturday, November 8th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

 Santosha Yoga Studio

9:30 AM: Meditation & Sound Healing

Join us to release tension and restore balance through mindful, fluid movement.

 Santosha Gym

10:15AM Art Therapy

Join us for a creative session that uses art as a gentle way to relax, reflect, and express your emotions freely.

 Peacock Pavilion

3:00 PM: Juicing Class

Join us at Sol Terrace to learn how to create vibrant, nutrient-rich juices inspired by owner Diana Stobo’s wellness book and philosophy.

 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

 Santosha Yoga Studio

Daily Activities at The Retreat

Sunday, November 9th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

Monday, November 10th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Hula Hoop

Join us for a playful workout that builds strength, balance, and joy.

📍 Santosha Gym

10:15 AM: Aquatic Aerobics

Refresh your body and spirit with an invigorating workout in the water.

📍 Santosha Pool

3:00 PM: Meditation and EFT

Join us for a calming session that combines guided meditation with Emotional Freedom Techniques to release stress and restore balance.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Tuesday, November 11th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

Connect with nature’s power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

3:00 PM: Stretch and Mobility

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Wednesday, November 12th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Hula Hoop

Join us for a playful workout that builds strength, balance, and joy.

📍 Santosha Gym

10:00 AM: Glutes and Legs

Join us for a dynamic lower-body workout focused on toning, strength, and stability for your glutes and legs.

📍 Santosha Gym

3:00 PM: Sound Healing

Join us for a soothing session that uses sound vibrations to calm the mind, balance energy, and promote deep inner peace.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Thursday, November 13th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Full Body Mobility

Join us for a guided movement session designed to improve flexibility, range of motion, and overall body awareness.

📍 Santosha Gym

10:00AM Aquatic Aerobics

Refresh your body and spirit with an invigorating workout in the water.

📍 Santosha Pool

3:00 PM: Social Wellness

Join us for an uplifting session focused on connection, laughter, and meaningful conversation to nurture community and joy.

📍 Santosha

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Friday, November 14th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

Connect with nature’s power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

3:00 PM: Class of Infusions

Learn to craft healing herbal infusions that nurture body and mind.

📍 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Saturday, November 15th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Meditation & Sound Healing

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

10:15AM Art Therapy

Join us for a creative session that uses art as a gentle way to relax, reflect, and express your emotions freely.

📍 Peacock Pavilion

3:00 PM: Juicing Class

Join us at Sol Terrace to learn how to create vibrant, nutrient-rich juices inspired by owner Diana Stobo's wellness book and philosophy.

📍 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Sunday, November 16th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

Connect with nature's power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

3:00 PM: Stretch and Mobility

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Monday, November 17th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Hula Hoop

Join us for a playful workout that builds strength, balance, and joy.

📍 Santosha Gym

10:15 AM: Aquatic Aerobics

Refresh your body and spirit with an invigorating workout in the water.

📍 Santosha Pool

3:00 PM: Meditation and EFT

Join us for a calming session that combines guided meditation with Emotional Freedom Techniques to release stress and restore balance.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Tuesday, November 18th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

Connect with nature's power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

3:00 PM: Stretch and Mobility

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Wednesday, November 19th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Hula Hoop

Join us for a playful workout that builds strength, balance, and joy.

📍 Santosha Gym

10:00 AM: Glutes and Legs

Join us for a dynamic lower-body workout focused on toning, strength, and stability for your glutes and legs.

📍 Santosha Gym

3:00 PM: Sound Healing

Join us for a soothing session that uses sound vibrations to calm the mind, balance energy, and promote deep inner peace.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Thursday, November 20th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Full Body Mobility

Join us for a guided movement session designed to improve flexibility, range of motion, and overall body awareness.

📍 Santosha Gym

10:00AM Aquatic Aerobics

Refresh your body and spirit with an invigorating workout in the water.

📍 Santosha Pool

3:00 PM: Social Wellness

Join us for an uplifting session focused on connection, laughter, and meaningful conversation to nurture community and joy.

📍 Santosha

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Friday, November 21st

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

Connect with nature's power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

3:00 PM: Class of Infusions

Learn to craft healing herbal infusions that nurture body and mind.

📍 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Saturday, November 22nd

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Meditation & Sound Healing

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

10:15AM Art Therapy

Join us for a creative session that uses art as a gentle way to relax, reflect, and express your emotions freely.

📍 Peacock Pavilion

3:00 PM: Juicing Class

Join us at Sol Terrace to learn how to create vibrant, nutrient-rich juices inspired by owner Diana Stobo's wellness book and philosophy.

📍 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Sunday, November 23rd

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

Connect with nature’s power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

3:00 PM: Stretch and Mobility

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Monday, November 24th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Hula Hoop

Join us for a playful workout that builds strength, balance, and joy.

📍 Santosha Gym

10:15 AM: Aquatic Aerobics

Refresh your body and spirit with an invigorating workout in the water.

📍 Santosha Pool

3:00 PM: Meditation and EFT

Join us for a calming session that combines guided meditation with Emotional Freedom Techniques to release stress and restore balance.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Tuesday, November 25th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

Connect with nature's power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

3:00 PM: Stretch and Mobility

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Wednesday, November 26th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Hula Hoop

Join us for a playful workout that builds strength, balance, and joy.

📍 Santosha Gym

10:00 AM: Glutes and Legs

Join us for a dynamic lower-body workout focused on toning, strength, and stability for your glutes and legs.

📍 Santosha Gym

3:00 PM: Sound Healing

Join us for a soothing session that uses sound vibrations to calm the mind, balance energy, and promote deep inner peace.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Thursday, November 27th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Full Body Mobility

Join us for a guided movement session designed to improve flexibility, range of motion, and overall body awareness.

📍 Santosha Gym

10:00AM Aquatic Aerobics

Refresh your body and spirit with an invigorating workout in the water.

📍 Santosha Pool

3:00 PM: Gratitude Journey and Sound Bath

Join us for a heart-opening gratitude meditation followed by a soothing sound bath, then enjoy mindful snacks and 15% off at Galana Boutique.

📍 Peacock Pavilion & Galana Boutique

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

5:30PM Thanksgiving Hot Cider Class

Friday, November 28th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

Connect with nature's power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

3:00 PM: Class of Infusions

Learn to craft healing herbal infusions that nurture body and mind.

📍 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Saturday, November 29th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Meditation & Sound Healing

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

10:15AM Art Therapy

Join us for a creative session that uses art as a gentle way to relax, reflect, and express your emotions freely.

📍 Peacock Pavilion

3:00 PM: Juicing Class

Join us at Sol Terrace to learn how to create vibrant, nutrient-rich juices inspired by owner Diana Stobo's wellness book and philosophy.

📍 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Sunday, November 30th

7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

Connect with nature's power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

3:00 PM: Stretch and Mobility

Join us to release tension and restore balance through mindful, fluid movement.

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio