Sample Schedule For

KinneretYoga Retreat



**Sample Schedule For KinneretYoga**

**Women’s Jewish Learning, Yoga/Fitness,**

**and Health Retreat:**

Please Note: You are not obligated to attend any of the classes so if you want more free time to do outdoor play then enjoy !!!!

(Weather Permitting)

**Sunday:**
10 am:  Arrival and Check In

11 am- 12:30 pm: Brunch and Welcome Talk and Introductions

1 pm:  Meditation Nature Walk and Mincha With Torah Teacher In Residence

2 pm-4 pm:   Outdoor Play/Free Time (swim, hot tub, boating, and by the Bay)

4 pm-5:30 pm:  Yoga With Kinneret

6 pm:  Dinner and Learning With Torah Teacher In Residence

After Dinner:  Hot Tub or Hang Out

**Monday June 15th:**
7:30-9:30 am:  Personal Shachrais and Breakfast

9 am-10 am   Food and Anti-Aging Talk Outside With Natural Health Educator

10 :30 am-11:30 am: Zumba Class

11:30 am-1 pm :  Outdoor Play/Free Time (swim, hot tub, boating, and by the Bay)

1 pm -2:30 pm: Lunch and Jewish Learning outside by the waterfront

2:30 pm- 6 pm:  Fun In The Sun Activities (swim, hot tub, boating, sit by the Bay)  OR

2:30 pm -3: 30 pm:  Art Project with Art Teacher

4-5 pm:  Yoga with Kinneret

6 pm-7:30 pm Dinner and Goodbyes

7:30 pm -8:30 pm:  Pack Up and Goodbyes