

Welcome to Kula BEACH Yoga Retreat

Follow this schedule if you want to participate in all we have planned out for your stay 🥰. Remember nothing is mandatory, participate in as much or as little as you would like!

Friday April 12th

Check into your room, settle in and relax!

Meet at the common yard for a meet and greet with all the other fellow Yogis! We will introduce everyone and get connected!

Join us for a Welcome dinner overlooking the ocean at 5:00pm at McSorley's Beach Pub- 837 N Fort Lauderdale Beach Blvd (we will carpool to and from on a golf cart ride)

7:30pm Sunset Beach Yoga with Bridget H- bring your mat and water and we will all walk down together 🙏

Saturday April 13th

6:00am Sunrise Beach Yoga with Guest Teacher Michelle (same meeting place as Friday evening yoga)

8:30am Breakfast in the common area

11:30am -3:30pm Group Beach Day 🕶️

5:30 lets go grab some dinner

7:30pm sunset Beach Yoga with Bridget H

8:30 Transition into breathwork meditation with Madalyn S

Sunday April 14th

6:00am Sunrise Beach Yoga with Bridget

8:30am Breakfast in the common area

12:00pm Blue Moon Kayaking, 7 Isles 2 hour tour, pick your partner for your kayak.

4:00pm Breath work meditation with Madalyn S

5:30pm let's grab some dinner

7:30pm Sunset Beach Yoga with Guest Teacher Amanda

Monday April 15th

6:00am Sunrise Beach Yoga with Bridget

8:30am Breakfast in the common area

12:00pm group discussion on the Beach- The science behind Yoga and share our experiences in our own journey and why we are here and the intentions we would like to set

4:00pm breathwork meditation or Pilates class with Madalyn S

5:30pm let's grab some dinner

7:30pm Sunset Beach Yoga with Guest Teacher Michelle..... after class let's walk the beach shore together

Tuesday April 16th

6:00am Beach Yoga with Bridget H

8:30am Breakfast in the common area

12:00pm Hugh Taylor Birch State Park - lets take a group small hike

5:30pm Farewell dinner at McSorleys Beach Pub over looking the water

7:30pm Farewell Beach Yoga / meditation and sharing circle with Bridget H

Wednesday April 17th

8:00am Farewell Breakfast

Check out is at 11:00am

Thank you all for an incredible new experience I hope everyone enjoyed themselves, feels more connected and aligned with their soul and has safe travels back home! Lets do it again next year?