

# Beach Kula Yoga Retreat

- *April 12th-17th 2024*

Hello Kula Fam,

**Thank you for stepping into tranquility at this beachfront yoga retreat. Where you'll find solace for your mind, body, and soul as you embrace the practice of yoga in harmony with nature's embrace and find connection with other fellow yogis!!**

I would purchase your flight tickets as quickly as you can to get them cheaper. You will be flying out of your destination to Fort Lauderdale Florida. The \$1000 you paid for the retreat, includes lodging for 5 nights, breakfast every day , 2 reserved group dinners looking over the ocean, one group kayaking tour of the 7 isles, and of course 9 Beach Yoga classes and 3 breathwork meditation circles held by Madalyn Smith. Classes will take place at sunrise and sunset on the beach with myself (Bridget) and 2 guest teachers from Florida, named Michelle and Amanda.

This is our location that we will be lodging at for 5 nights, **2307 N ocean Blvd Fort Lauderdale 33305**. It's a 2 minute walk from the Beach. We will take golf carts to commute to any of our destinations (which are not far).

I will be providing all of us yoga mats so you don't have to worry about bringing one. You can expect a follow-up email containing a list of all of the essentials to pack. Also I have a group hiking trip planned so keep that in mind while packing footwear if you would like to participate. Both dinners will be on the roof top of a Bar Restaurant so plan to dress casual and as comfortable as you would like.

Please remember to notify me once you purchase your tickets. This will help in coordinating our travel plans effectively and ensuring everyone's presence is accounted for. Your timely communication will contribute to helping you grab an Uber with another fellow yogi to lower your cost of commuting to the retreat property. Thank you for your cooperation and commitment to our collective journey.

Lots of love,

Bridget Harrinton, 980-666-5716, Hbridget004@gmail.com