

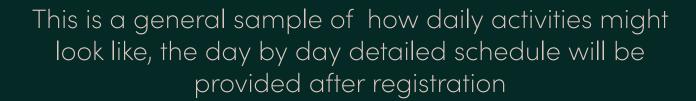
EARTH TO ETHER

A Yoga Journey Through The Five Elements

Costa Rica September 14–20 / 2025



Schedule Sample





8 - 9:15 am Morning Practice

• 10 am Breakfast

FREE TIME

• 1-2:30 pm Workshop

• 2:30 LUNCH

• 4:30 - 6 Evening Practice

• 6:30 pm Dinner

• 7:30 connection circle / yoga nidra

NOTE: We reserve the right to adjust or change the schedule if needed.









