

Hilton Head Health *Yoga Retreat* Sample Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 AM		Sunrise Beach Walk Blood Screenings			Introduction	Sun Salutation	Sun Salutation	
7:30 AM – 9 AM	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	
8:30 AM		Mini – Orientation Shoe Seminar Core Strength Hydro Circuit	Treading Cardio-Boxing Yoga in a Chair Aqua Resistance	Treading Medicine Ball ULTRA Circuit Nautical Noodle	Beach Yoga	9 AM Hot (Bikram) Yoga	9 AM Vinyasa Flow Yoga	9 AM Breakfast/ Thermal Walk
9:30 AM		Planning Your H3 Fitness Treading	FitBall Aerobics Water Walk/Jog Treading	Treading Intermediate Pilates Water Fitness				10 AM Fitness Yoga for Abs/Lower Back
10:30 AM	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	10 AM Check Out
11 AM		Nutrition for Health Stress Eating	Exercise Prescription Understanding Diabetes	Building a Better Body It’s All About Me!	Yoga for Abs/Low Back	Yoga – Hip Openers	Meditation	11 AM Fitness Treading
12 PM	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk
1 PM		Intro to Fitness Equipment	Break	Break	Mind/Body Connection	Sea Pines Forest Preserve Yoga Excursion - Walk to Lake Joe, then Restorative Yoga.	Pinckney Island Yoga Excursion – Bike to White Point followed by yoga.	Body Sculpting
2 PM		Planning Healthy Meals Craving Control	Goal Setting Cooking Demo	Portion Control Flexibility & Balance	2:30pm May River Excursion – Kayak to tidal island then yoga practice.			
3:30 PM	Welcome Reception	Metabo Meal	Metabo Meal	Metabo Meal		4:30 PM Metabo Meal	4:30 PM Metabo Meal	Metabo Meal
4 PM	Registration/ Check-in	Intro To Yoga Beginner Step Aerobics	Body Sculpting Outdoor Circuit	Zumba – Latin Dance Restorative Yoga				
5 PM	Orientation	Shoe Pick – up Resistance Band Training	Yoga Low Body Conditioning	Butts & Guts Gentle Fitness		Roll it Out	Sunset Beach Yoga/Closing Ceremony	
6 PM	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Gourmet Dinner	Dinner/ Thermal Walk	Dinner/ Thermal Walk
7 PM		Stretch & Relaxation	Stretch & Relaxation	Game Night or Stretch & Relaxation	Stretch & Relaxation			

Yoga Retreat Sample Session Descriptions

Yoga for Abs/Low Back

This class is focused on gentle postures and breathing exercises to promote strength, flexibility and energy incorporating abdominal and low back exercises.

May River Yoga Excursion

Enjoy an invigorating kayak ride to tidal island followed by yoga practice.

Yoga Hip Openers

This session will focus on ways to ease tension in the hip area using standing and seated yoga poses that promote hip flexibility and strength. Open the hips and feel the freedom.

Power Yoga

Try new postures to challenge your overall fitness (strength, flexibility and balance).

Mind/Body Connection

This seminar will help you cultivate a balanced state of body and mind while you experience and practice different yoga techniques. As you learn to combine alertness and relaxation in class, you'll be better equipped to face life's stresses with a sense of calm presence. With practice, you might even respond intelligently and with compassion, rather than falling back into habitual reactions or being swept into a panic.

Sea Pines Forest Preserve Yoga Excursion

Enjoy a relaxing walk to Lake Joe followed by Restorative Yoga.

Restorative Yoga

Practice restful yoga to promote stretching and a sense of relief.

Roll It Out

This class will allow you to engage in various movements using round foam rollers to focus on relieving muscle tension as well as improving strength, flexibility and balance. Note: Class will be centered around floor exercises.

Hot (Bikram) Yoga

Bikram yoga is a series of yoga poses done in a heated room. It's named after the founder, Bikram Choudhury, the developer of 26 poses performed twice and held for a certain period of time. This session promotes profuse sweating which rids the body of toxins. It also makes the body very warm, and therefore more flexible.

Pinckney Island Yoga Excursion

Bike to secluded White Point where you will learn Yoga for Athletics techniques.

Yoga for Athletics

This class is specifically designed for improving your balance, flexibility, core strength and endurance.

Sun Salutation/Sunset Beach Yoga

Practice an invigorating sequence of yoga postures that stretches and tones the whole body.



Hilton Head Health

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