



Yoga & Wellness with Nicki & Amy | 2026 Schedule

	Sat Oct 10	Sun Oct 11	Mon Oct 12	Tues Oct 13	Wed Oct 14	Thurs Oct 15	Fri Oct 16
09:00 – 11:00		Yoga, Movement & Breath work	Yoga, Movement & Breath work	Yoga, Movement & Breath work	Yoga, Movement & Breath work	Yoga, Movement & Breath work	Yoga, Movement & Breath work
11:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
17:30 – 19:30	Intro tour, registration & Opening Session	Talk, Meditation & Relaxation	Talk, Meditation & Relaxation	Talk, Meditation & Relaxation	11:00 – 15:00 Cooking Class at Margarita	Talk, Meditation & Relaxation	Talk, Meditation & Closing Session
19:30	Dinner	Dinner		Dinner		Dinner	Dinner