



Frances' 7-Day Yoga Retreat: March 12-18, 2016

DAY 1: Saturday, March 12th

Late Afternoon: Airport Pick-up (2:35 pm) ... welcome to Rasa, Quiche for snack, settle-in/orientation.

Evening: Sunset Yoga at 5:30 pm; Dinner – Simple Daal, Green Beans with Coconut (dry,) Roti, and Rice.

DAY 2: Sunday, March 13th – Adam Arrives

Morning: Beach walk/Jog; Brunch – Eggs to Order, toast & fruits; Massage#1

Lunch: Mixed Veggie Wrap, Spinach Soup, and Chips (Crisps.)

Afternoon: Relax and unwind.

Evening: Yoga @ 5:30 pm ... Happy Hour & Dinner – Chicken Curry, Peas & Corn, Roti, and Rice.

DAY 3: Monday, March 14th – Hike to Hindu Temple

Morning: Relaxed Morning to get over jet lag. Yoga @ 8:30 am ... Breakfast - Masala Omelette & Fruits.

Mid-Morning: Hike to Hindu Temple.

Afternoon: Lunch, siesta or pool time, ...

Evening: Return to Rasa for Happy Hour & Dinner – Rajma, Bhindi Bateta, Roti, Rice.

DAY 4: Tuesday, March 15th – Emily-Devon Arrive

Morning: Beach walk/jog and Yoga @ 8:30 am. Breakfast – Eggs-Toast, Fruits; relax and unwind.

Late Morning: Cooking lesson – Potato stuffed tortillas (paratha,) Carrot salad, Daal (lentil preparation.)

Afternoon: Chill Time by the pool, ... Other Guests Arrive.

Evening: Beach for Sunset. Happy Hour & Dinner – Black Daal, Green Beans, and Mixed Veggie Rice.

DAY 5: Wednesday, March 16th – SPICE FARM EXCURSION

Morning: Even-paced morning with time to self, beach walk/jog, then breakfast – Chilla (spiced, pure vegetarian pancakes) & fruits; Excursion to the Spice Farm.

Afternoon: Lunch included at Spice Farm. Return to Rasa for a nap/lazy rest of the afternoon. Massage#2

Evening: Sunset Beach Yoga @ 5:30 pm. Happy Hour and Cooking Lesson – Kheema (Ground Chicken/Mutton/Beef) preparation, Roti, and Rice. Dinner.

DAY 6: Thursday, March 17th

Morning: Yoga at 8:30 am; breakfast – Upma & Boiled Eggs & fruits. Relaxed, easy paced morning – swim in ocean, kayak, and soak in the Sun.

Afternoon: Burmese Tamizei for Lunch, ... Siesta, pool time, kayaking, ... Massage

Evening: Walk on the beach at Sunset; Happy Hour & Dinner – Asian Night (Tibetan Momos) & Cooking Class – easy Coconut Shrimp Curry with Saffron Rice.

DAY 7: Friday, March 18th

Early Morning – Leave at 5 am for airport drop-off (flight at 7:00 am)

