

River Wellness Itinerary

5/4/23

- Check in beginning at 3:00pm
- Rest, unpack, relax
- Dinner at 6:00pm
- Cacao Ceremony 7:30pm

5/5/23

- Island meditation 7:00am
- Breakfast 7:30-8:30am
- London Bridge Jet Boat
Tours 9:15am-3:30pm
- Return to cabin take a
break, a swim or a nap
- Authentic Southwest
dinner 6:30pm
- All Natural facemasks
7:30pm



River Wellness Itinerary

5/6/23

- Breakfast at 7:30-8:00am
- Riverside yoga 9:00am
- Christmas Tree Pass petroglyph hike 10:30am
- Desert style picnic
- Rest and recover
- 6pm-8pm Fine dining dinner cruise
- Free time out until 10pm

5/7/23

- Breakfast at 7:30-8:00am
- Sound Bath 8:15am-9:00am
- Kayaking 10am-12:30pm
- Summer BBQ & beach Day
- Life coach lesson
- Dinner at 6:30pm
- Southwest send off
Line dancing lessons

