

## Day 1

- 4:00 pm **Check In**
- 6:30 pm **Opening Circle and Restorative Yoga Class**  
with Natalie Rousseau of [Anahata Yoga](#)
- 8:00 pm **Dinner:** Stinging Nettle Mushroom and Goat Cheese Spanakopitas, Greek Red Lentil Soup, Barley Tabouleh Salad  
**Dessert:** Peach Pear Cobbler with Maple Whip Cream

## Day 2

- 9:00 am **Light Breakfast**
- 9:30 - 11:30 am **Earth** – Strengthening Connection Yoga Class
- Noon **Brunch:** Silk Road Tea, Roasted Veggie Quesadillas with Tropical Guacamole, Baja Baked Beans & Kale Lemon Slaw
- 1:30 - 4:30 pm Surf Clinic or Optional Activities
- 5:00 - 7:00 pm **Water** – Embracing Fluidity Yoga Class
- 7:30 pm **Dinner:** Monks Thai Curry with Organic Brown Basmati Rice and Cucumber, Jicama and Mint Salad  
**Dessert:** Vegan Chocolate Brownies

## Day 3

- 9:00 am **Light Breakfast**
- 9:30 - 11:30 am **Fire** – Moving with Purpose Yoga Class
- Noon **Brunch:** Baked Yam Millet Patties with Roasted Red Pepper Sauce, Organic Greens w/ Maple Balsamic vinaigrette and Bodacious Beet Salad
- 1:30 - 3:30 pm Surf Clinic or Optional Activities
- 4:00 - 6:00 pm **Air** – Opening with Gratitude Yoga Class
- 6:00 pm Interactive Cooking class and Feast with Milagro Retreats

## **Day 4**

- 9:00 am            **Light Breakfast**
- 9:30 - 11:30 am   **Ether** - Humility and Grace Yoga Class and Closing Circle
- Noon                **Brunch:** Silk Road Tea, Brunch Nori Salad Rolls  
w/ Spicy Peanut Sauce, Cucumber Dill Soup  
with Tomato Ginger Chutney & Local Greens  
w/ Ginger Sesame Dressing
- 1:00 pm            **Check Out**

### **Detailed Information:**

What to bring - Sleeping Bag, Pillow, Single Mattress, Camp chair, Coffee mug, Water Bottle, Flashlight, Personal necessities (camp, beach & water), Beviies and Snacks of choice.

Bella Pacifica Campground – 400 Mackenzie Beach Road

**\*\*It is important that we know of any food allergies!!**

OS4W to provide:

Bella Pacifica Base Camp Kitchen and Dining, Site Tents

3 Organic Breakfasts, Lunches and Dinners

6 Yoga Classes

2 Day Surf Clinic