

Sample Yoga Retreat Itinerary

Day 1 – Saturday

5:00 PM Guest arrivals and check-in
6:00 PM Opening Sunset Yoga + Intention Setting
7:00 PM Welcome Drinks at AKR Pool Bar
Welcome Dinner at Ankor Seafood Grill

Day 2 – Sunday

7:00 AM Morning Vinyasa Yoga
8:30 AM Breakfast
10:00 AM Free time: Standup Paddle, Kayaking, Spa, or Lounging
12:00 PM Lunch
1:30 PM Roatan Museum Walk-Through
2:00 PM Mangrove Lecture at RIMS
6:00 PM Reef Ecology & Fish ID Lecture
7:00 PM Group Dinner at Ankor Seafood Grill

Day 3 – Monday

6:00 AM Sunrise Meditation + Gentle Flow
8:30 AM Breakfast
10:30 AM Maya Key Beach Excursion
12:00 PM Lunch
1:00 PM Wildlife Rescue Center Tour at Maya Key
2:00 PM Leisure Time or Guided Snorkel at Maya Key
4:00 PM Return to Resort
5:00 PM Happy Hour + Live Island Music
7:00 PM Group Dinner at Ankor Seafood Grill

Day 4 – Tuesday

7:00 AM Morning Power Flow
8:30 AM Breakfast
10:30 AM Dive or Snorkel Trip
12:00 PM Lunch
2:00 PM Canopy Tour
4:30 PM Return to AKR
6:00 PM Night Dive or Snorkel
7:00 PM Group Dinner at Ankor Seafood Grill

Day 5 – Wednesday

7:00 AM Morning Power Flow
8:30 AM Breakfast
10:30 AM Dive or Snorkel Trip
12:00 PM Lunch
2:00 PM Horseback Riding
3:30 PM Afternoon Workshop: Breathwork & Deep Stretch
4:00 PM Afternoon Yin Yoga
5:00 PM Island Fiesta: Group Dinner, Live Island Music & Dancing

Day 6 – Thursday

7:00 AM Breakfast
8:30 AM Dolphin Lecture
10:00 AM Dolphin Encounter
12:00 PM Lunch
1:30 PM Dolphin Platform Session
4:00 PM Afternoon Yoga for Stress & Sleep
5:30 PM Trivia Game Night at Frangipani Bar
7:00 PM Group Dinner at Ankor Seafood Grill

Day 7 – Friday

7:00 AM Final Flow: Gratitude & Grounding
8:30 AM Breakfast
10:00 AM Volunteer Activity: Marine Conservation Talk or Beach Cleanup
12:00 PM Lunch
2:00 PM Free time: Standup Paddle, Kayaking, Spa, or Lounging
5:30 PM Closing Circle + Sunset Ceremony
7:00 PM Farewell Dinner at Ankor Seafood Grill

Day 8 – Saturday

7:00 AM Breakfast & Departures