

HOLLYHOCK

DAILY SCHEDULE

(SAMPLE ONLY; INDIVIDUAL PROGRAM SCHEDULES VARY)

6 AM	Self-guided Meditation, Ocean Swim, Tea on the Deck
7 AM	Hatha Yoga, Morning Harlequin Row, Seabird Walk, Garden Tour
8 AM	Breakfast
10 AM	Morning Program Session
12:30 PM	Lunch
2 PM	Afternoon Program Session, Guided Nature Hike
5 PM	Hot Tub Soak
6 PM	Oyster Beach BBQ
6:30 PM	Dinner
8 PM	Evening Program Session OR Hollyhock Presenter Evening
10 PM	Stargazing, Bioluminescent Ocean Swim

EXTRA ADD-ONS:

- Cortes Kayaks
- Mindfulness Paddle
- SUP Paddle
- Hollyhock Massage
- Misty Isles Cruise

Please plan to arrive between 2pm - 5pm on your program's first day.