



# YOGA BARRE BEACH GETAWAY

Get ready for an unforgettable girls' getaway to Panama City Beach from April 24 to 28! Our itinerary features yoga and barre classes, and a cozy beach bonfire. Pricing packages cover 3 breakfasts, 1 dinner, and daily snacks and beverages.

## RETREAT ITINERARY

**24**  
5:00pm

ARRIVAL, CHECK IN, UNPACK  
WELCOME CHATS &  
CHARCUTERIE  
7PM DINNER AT PIER PARK



**25**  
8:00am

8:00AM BARRE ON THE BEACH  
9:00AM BREAKFAST  
FREE TIME  
6:30PM DINNER AT LOTUS CAFE



**26**  
8:00am

8:00AM ROOFTOP VINYASA  
9:00AM BREAKFAST  
10:00AM ST. ANDREWS PARK  
FREE TIME  
5:00PM BEACH BONFIRE PICNIC





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This retreat prioritizes your comfort and enjoyment, fostering a welcoming and safe environment. Friendships formed here are valuable, and you're encouraged to opt out of group activities without concern. Feel free to ask for any assistance to enhance your experience.

## RETREAT ITINERARY

# 27

8:00am

8:00AM ROOFTOP BARRE  
9:00AM BREAKFAST  
FREE TIME  
6:00PM DINNER  
8:00PM RESTORATIVE YOGA +  
MEDITATION



# 28

8:00am

8:00AM BREAKFAST  
10:00AM CHECKOUT



### QUESTIONS?

EMAIL: [INFO@HOTYOGACOLUMBIATN.COM](mailto:INFO@HOTYOGACOLUMBIATN.COM) OR  
TEXT SHELBY (615)782-9657