

YOGA + Adventure Tour



SUNDAY, MAY 11TH - SATURDAY, MAY 17TH, 2025

All tours are lead by our bilingual owner Colin Dempsey, who has 10+ years experience living abroad in Central and South America.

Here are some options for you during your free time that we can help you with:

- Go to the spa for a massage
- Get a tattoo
- Explore Antigua
- Go to the Artisan Market

AGENDA SUBJECT TO CHANGE.

SUNDAY

- Airport pickup
- Group dinner (Incl.)



MONDAY

- 7:30 am: Breakfast (Incl.)
- 9 am: 60-Minute Yoga Class
- 12pm: Lunch
- 3pm-5pm: ChocoMuseo
 - Bean to the Bar Workshop
- 7pm: Dinner



TUESDAY

- 7:30am: Breakfast (Incl.)
- 9 am: 60-Minute Yoga Class
- 12pm: Lunch
- 2pm: Pacaya Volcano Hike
 - Horse Rides Available
 - Dinner (Incl.)
- 9pm: Return Home



WEDNESDAY

- 7:30am: Breakfast (Incl.)
- 9am: 60-Minute Yoga Class
- 10:45am-2pm: De La Gente Coffee
 - Coffee Tour
 - Lunch (Incl.)
- 5pm-6:30pm: Salsa & Bachata Dance Class
- 7pm: Dinner



THURSDAY

- 7:30am: Breakfast (Incl.)
- 9am: 60-Minute Yoga Class
- 11:30am-5:30pm: Hobbitenango Park
 - Lunch
 - Largest tree swing in Central America, stand on the colossus hand, play mini golf and more.
- 7pm: Dinner



FRIDAY

- 7:30am: Breakfast (Incl.)
- 9am: 60-Minute Yoga Class
- 11:30am-6pm: Finca Yalu Coffee Farm
 - Lunch (incl.)
 - Ziplining, rock climbing, horse ride fishing and biking
- 7pm: Dinner



SATURDAY

- 7am: Breakfast (Incl.)
- All Day:
 - Airport Departures

