

YOGA + YARN

SUNDAY 9

9-10:00am Gentle Yoga

10:00-10:30am Knitting

10:30am Brunch

12:00pm Departure

- Includes coffee service available every morning in lobby.
- Knitting support and instruction from Kate and Liza available anytime.
- All meals at restaurant La Venture, on 1st floor of Hotel St. George.
- Knitting time and yoga classes in St. George Hall.
- All activities are optional.

SATURDAY 8

8-9:30am Breakfast

9:30-10:30am Knitting

10:30-12pm Flow Yoga

12-1:30pm Lunch

1:30-4pm Knitting & Free Time

4-5pm Guided Meditation

5:00-6:30pm Dinner

6:30pm Depart Hotel

7:30pm Star Party
McDonald Observatory

FRIDAY 7

8-9:30am Breakfast

9:30-10:30am Beginner & advanced brioche classes

10:30am-12pm Flow Yoga

12-1:30pm Lunch

1:30-4:30pm Knitting & free time

4:30-6pm Seated yoga for knitters

6-7:30pm Wine Tasting at Marfa Wine Co.

7:30pm Dinner
La Venture

THURSDAY 6

3-5pm Arrival

6-7:30pm Welcome & Gentle Yoga

7:30pm Dinner