Yoga Camp Schedule - Spring 2026

Day	Time	Event
FRIDAY	12:00pm	Check-in for Bunk House Registrants Only
	3:00pm	Check-in for Deluxe Housing Begins
	4:00-5:00pm	Hatha Yoga - *classic, balanced, calm*
	4:15-5:15pm	Yoga - *a complete yoga practice*
	4:30-11:00pm	Pool Open
	5:30-6:30pm	**Dinner**
	6:00pm	Announcements / Leaders Preview Upcoming Classes
	6:30-7:30pm	Hypnotherapy - *step into your confidence & love your body*
	6:45-7:45pm	Wine Tasting *(reservations required, $29)*
	6:45-7:45pm	OSHO Body Movement - *guided full body meditation*
	7:00-8:00pm	Restorative Yoga - *deeeeep relaxation*
	7:00-8:00pm	Chair Yoga - *accessible, gentle, supportive*
	7:15-8:15pm	10 Basic Yoga Postures - *building your foundation*
	7:30-8:30pm	Sacred Sensual Meditation - *erotic awareness*
	8:00-10:00pm	Tantric Erotic Touch - *sensual, sexy, fun*
	8:15-9:15pm	Sonic Resonance - *sound + touch* = deep connection
	8:30-9:30pm	Basics of Bodywork - *neck, shoulders & upper back*
	8:45-9:45pm	Yoga - *solo and partner work*
	9:00-10:00pm	Body Language Of Consent - *is his body saying "yes?"*
	10:00-11:00pm	Sensual Massage - *total body tantra*
	10:00pm-1:00am	Karaoke After Hours
	10:15-11:15pm	Move & Meditate - *Thai massage workshop*
	11:00pm-8:00am	Pool Closed
SATURDAY	6:45-7:30am	Chair Yoga - *accessible, gentle, supportive*
	6:45-7:30am	Pilates Buns & Abs - *90's sensual grooves*
	6:45-7:30am	Sunrise Yoga - *swift, sweaty—then slow*
	7:30-8:30am	**Breakfast**
	8:00am	Announcements / Leaders Preview Upcoming Classes
	8:00am-12:00pm	Pool Open
	8:45-9:45am	Dynamic Breath Work - *get high on our own supply*
	9:00-10:00am	Yin Yoga Deep Stretch - *gentle yoga, restful stretching*
	9:15-10:15am	Yoga - *a complete yoga practice*
	9:30-10:30am	Arm Balance & Inversion - *we're going upside down!*
	9:45-10:45am	Rhythmic Meditations - *grounded, flowing, hypnotic*
	10:15-11:15am	Flow Yoga - *open your heart*
SATURDAY	10:30-11:30am	Strip Down Tone Up - *become a chair dance stripper!*
	10:45-11:45am	Basics of Bodywork - *lower back, butt*
	10:45-12:00pm	Sexual Fantasy - *an erotic hypnosis experience*
	11:00am-12:00pm	Balancing Act - *improve your balance*
	12:00-1:00pm	**Lunch**
	12:00-1:00pm	Pool Closed
	12:30pm	Announcements / Leaders Preview Upcoming Classes
	1:00-3:30pm	Pool Open
	1:00-2:00pm	Spirit Animal Journey - *meet your spirit animal*
	1:30-2:30pm	Heart Circle - *heartfelt community connection*
	1:30-2:30pm	Bodywork Essentials - *is touch your love language?*
	1:45-2:45pm	Reiki, Meditation & Massage - *a terrific trio*
	2:00-3:00pm	Yoga for Healing - *the remedy you've been looking for*
	2:30-3:30pm	Erotic Flow Yoga - *improve your sexual health*
	3:00-4:00pm	Hips, Hamstrings & Low Back - *release your tight spots*
	3:00-4:00pm	70's Yoga Groove - *dance, Pilates & yoga*
	3:15-4:15pm	Bate & Intimacy - *the power of self pleasuring*
	3:30-5:30pm	Foam Party
	3:45-4:45pm	Pilates Thigh Blasters - *Madonna vs. Janet*
	4:00-5:00pm	Go-Go Boy Grind - *cardio core go-go dance moves*
	4:30-5:30pm	Flow Yoga - *focus on balance*
	3:30-4:30pm	Pool Closed
	4:30-5:30pm	Vinyasa Flow - *intense movement & stretching*
	4:30-11:00pm	Pool Open
	5:30-6:30pm	**Dinner**
	6:00pm	Announcements / Leaders Preview Upcoming Classes
	6:15-7:15pm	Tantra Touch - *Explore & Exchange Touch*
	6:30-8:30pm	Talent Show Rehearsal
	6:45-7:45pm	Wine Tasting *(reservations required, $29)*
	6:45-7:45pm	Sound Bath w/ Yoga Nidra - *relax & realign*
	7:00-8:00pm	Sensual Partner Yoga - *celebrate your arousal*
	7:15-8:15pm	Chakra Based Yin Yoga - *one chakra at a time*
	7:30-8:30pm	Daddyness - *unlocking your inner daddy*
	8:15-9:15pm	Balls Out Bingo - *with benefits*
	8:30-9:30pm	Naked Blindfold Movement - *groove, move, connect*
	9:00-10:00pm	Yoga Nidra - *rest and reconnect*
	9:30-10:30pm	Sensual Massage - *total body tantra*
SATURDAY	10:00pm-1:00am	Karaoke After Hours
	10:15-11:15pm	Breathe & Restore - *breath work and restorative practice*
	11:00pm-8:00am	Pool Closed
SUNDAY	6:45-7:30am	Chair Yoga - *accessible, gentle, supportive*
	6:45-7:30am	Sunrise Yoga - *swift, sweaty—then slow*
	7:30-8:30am	**Breakfast**
	8:00am	Announcements / Leaders Preview Upcoming Classes
	8:00am-12:00pm	Pool Open
	8:15-9:15am	Basics of Yoga - *the lighter side of yoga*
	8:45-9:45am	Sensual Partner Yoga - *celebrate your arousal*
	8:45-9:45am	Balance Makes Me Humble - *playful balance challenges*
	8:45-9:45am	Ignite & Sustain - *high energy flow w/mindful holds*
	9:00-10:00am	Shinrin-yoku - *meditation & yoga in nature*
	9:00-10:00am	Yoga - *a complete yoga practice*
	9:15-10:15am	Tantra - *erotic relaxation*
	9:30-10:30am	Reiki, Meditation & Massage - *a terrific trio*
	10:00-12:00pm	Beyond Porn - *returning to real connection, $200, limit 5*
	10:15-11:15am	Practice & Play - *playful breath and movement*
	10:30-11:30am	Yogalates - *fusion of yoga & Pilates*
	10:45-11:45am	Power Vinyasa - *big energy flow*
	11:00-12:00pm	Slow Flow Yoga - *restorative movement*
	12:00-1:00pm	**Lunch**
	12:00-1:00pm	Pool Closed
	12:30pm	Announcements / Leaders Preview Upcoming Classes
	12:45-1:45pm	Tantra Touch - *explore & exchange touch*
	1:00-3:30pm	Pool Open
	1:00-2:00pm	Basics of Bodywork - legs & feet
	1:15-2:15pm	Facilitated Drum Circle - *connect, express, groove*
	1:30-2:30pm	Celebrate Pride Yoga - *joyful, emotional, gayAF*
	1:45-2:45pm	Yoga & Dance - *Upbeat Broadway Energy*
	2:00-3:00pm	Spirit Animal Journey - *meet your spirit animal*
	2:30-3:30pm	Yoga - *solo and partner work*
	2:45-3:45pm	Butt Naked Ballroom - *dance class bring a date!*
	3:00-4:00pm	VinYin - *stretch, strengthen & restore*
	3:15-4:15pm	Ecstatic Breathing - *bliss & ecstasy thru breath*
	3:30-4:30pm	Pool Closed
	4:15-5:15pm	Second Chakra - *partner work to release sexual energy*
SUNDAY	4:30-5:30pm	80's Yoga Groove - *dance, Pilates & yoga*
	4:30-11:00pm	Pool Open
	5:30-6:30pm	**Dinner**
	6:00pm	Announcements / Leaders Preview Upcoming Classes
	7:15-8:15pm	Talent Show - *campers perform & entertain*
	8:45-9:45pm	Chakra Based Yin Yoga - *one chakra at a time*
	9:00-10:00pm	Restorative Yoga - *deeeeep relaxation*
	9:15-10:15pm	Dial Into Daddy - *unlocking your inner daddy*
	10:00pm-1:00am	Karaoke After Hours
	10:15-11:15pm	Tantric Edging Embodiment - *explore sensual touch*
	10:15-11:15pm	Ecstatic Dance Party
	11:00pm-8:00am	Pool Closed
MONDAY	7:30-8:30am	**Breakfast**
	8:00am	Announcements / Leaders Preview Upcoming Classes
	8:00am-12:00pm	Pool Open
	8:45-9:45am	Restorative Yin Yoga - *rejuvenate peacefully*
	9:00-10:00am	Reiki, Meditation & Massage - *a terrific trio*
	9:15-10:15am	Yoga & Dance - *calming, restorative movement*
	9:30-10:30am	FlowYoga - *focus on side bends*
	12:00pm	Camp Concludes - Departures by Noon

Maintenance Issue? Call 832-269-9633.

Retreat center staff will be happy to assist.