






	Sat, Aug-6	Sun, Aug-7	Mon, Aug-8	Tue, Aug-9	Wed, Aug-10
6:00 AM					
6:30 AM					
<b>7:00 AM</b>		Morning Practice	Morning Practice	Morning Practice	Morning Practice
7:30 AM					
8:00 AM					
8:30 AM					
<b>8:45 AM</b>	<p>WELCOME TO PURA VIDA !</p> 				
9:00 AM		Orientation Meeting	 <p><b>Waterfall Gardens</b> 1/2 Day Excursion Meet at Fountain at 8:45am</p>	 <p><b>Canopy Tour</b> 1/2 Day Excursion Meet at Fountain at 8:45am</p>	HYHM Session-5
9:15 AM		HYHM Session-2			<p>San José City Tour (Museums 5.5 hrs)</p> 
9:30 AM					
9:45 AM					
10:00 AM					
10:30 AM					
11:00 AM		Relaxation & Rejuvenation			
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
<b>2:30 PM</b>					
3:00 PM					
3:30 PM	<p>HYHM Session-1 (Opening)</p>				
4:00 PM					
<b>4:30 PM</b>					
5:00 PM			HYHM Session-3	HYHM Session-4	
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
<b>8:00 PM</b>					
8:30 PM	Evening Practice	Evening Practice	Evening Practice	Evening Practice	Evening Practice
9:00 PM					
9:30 PM					
10:00 PM					
OPTIONAL ACTIVITY ADDITIONAL COST					Meals Ser
					Breakfast: 7:30-9:00am

Lunch: 12:30-2:30pm
Dinner: 6:30-8:00pm

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Thu, Aug-11	Fri, Aug-12
Morning Practice	Morning Practice
Coffe Walk Meet at the fountain	HYHM Session-7 (Closing)
	SAFE TRAVELS !  
HYHM Session-6	
Evening Practice	
ved Daily	
